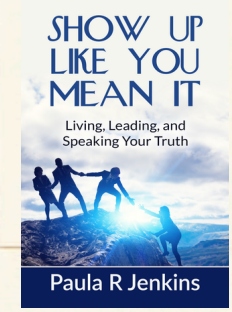
Paula R Jenkins

Lead By Example™ Speaker | Author | Leadership & Communication Expert
Everything Begins and Ends with Communication.

What happens when people stop shrinking in conversations that require their voices?
Paula R Jenkins helps leaders and teams communicate with confidence, navigate difficult conversations, and lead authentically. Through honest storytelling, humor, and practical strategies, she challenges audiences to think differently, speak with intention, and take action.
Her presentations don't simply inspire people for the moment. They equip them to show up differently long after the event ends.

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FEATURED BOOK

Show Up Like You Mean It: Living, Leading, and Speaking Your Truth

Your voice matters. Your choices matter. How you show up today shapes the legacy you create tomorrow.

SIGNATURE KEYNOTE
YOUR VOICE. YOUR LEGACY. YOUR IMPACT.
INSPIRED BY SHOW UP LIKE YOU MEAN IT

Show Up Like You Mean It is about having the courage to live, lead, and speak your truth, even when it's uncomfortable. It's about knowing who you are, trusting the voice you've earned, and making intentional choices about how you show up, because your presence, your voice, and your actions shape the legacy you leave.

Audiences leave able to:

- Recognize the power of their voice and lead with greater authenticity.
- Navigate difficult conversations with confidence and emotional intelligence.
- Turn intention into action to create a meaningful impact and lasting legacy.

MORE KEYNOTE & CONFERENCE TOPICS

- You Are Either Connecting or Repelling: Which One Are You?
- Sometimes You Win, Sometimes You Lose: It's Time to Lead!
- Use the E.Q.I.Q. Formula to Achieve Success

Also available: workshops and leadership training built around these topics and Show Up Like You Mean It.

MEET PAULA R JENKINS

Paula R Jenkins is a keynote speaker, author, and leadership and communication expert who helps leaders and teams communicate with confidence, navigate difficult conversations, and lead authentically. As Founder and CEO of LFS Consulting LLC, she draws on more than 20 years of corporate experience, an MBA from DePaul University, and her expertise in emotional intelligence and leadership development.

After a life-changing health wake-up call in 2017, Paula made it her mission to help others recognize the power of their voices and how they show up. Known for her honesty, humor, and practical approach, she challenges audiences to move beyond inspiration and into action. She is the author of Show Up Like You Mean It: Living, Leading, and Speaking Your Truth.



READY TO BRING PAULA TO YOUR NEXT EVENT?

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For Booking Info:
paula@lfsconsult.com | 224-372-0778

> *Your vulnerability in sharing your life at the same time creates a safe space and one in which builds trust and comfort.*
>
> **— Janice McAteer, Vice President | Private Client Manager, Busey**

Ideal Audiences

- Corporate leadership teams
- Employee networks
- Associations
- Government
- Nonprofits

EXTEND THE EXPERIENCE BEYOND THE EVENT

Bring the conversation from the keynote into everyday life with *Show Up Like You Mean It: Living, Leading, and Speaking Your Truth*. Corporate bulk purchases are available for employee giveaways, leadership teams, and employee resource group book discussions. Book purchases are priced separately from the speaking engagement.

Learn more: showuplikeyoumeanit.com