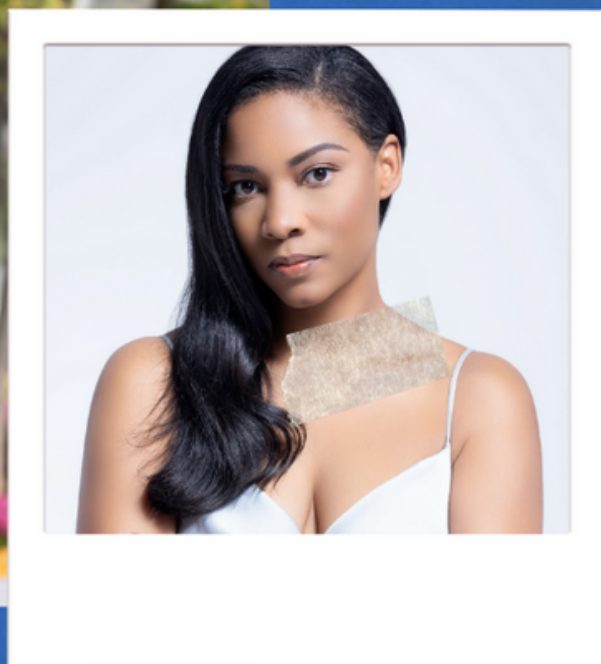
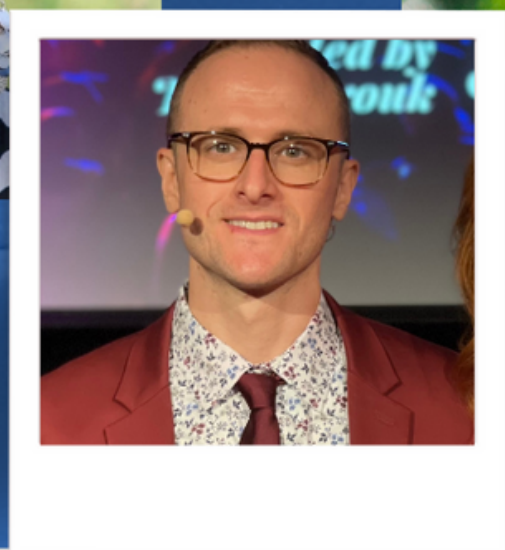


IN A TIME OF GREAT CHANGE

# Top Motivational Speakers

Share their tips on how to get inspired  
and live your best life!





## *MOTIVATIONAL SPEAKERS...*



**Claudine Arthurs**  
CEO of the Claudine Arthurs Agency  
PR and Marketing  
[claudinearthurs.com](http://claudinearthurs.com)

Setting new establishment goals, improving company morale or trying to re-motivate your team, are all reasons you might consider bringing in a motivational speaker.

The value of these speakers is not just restricted to the time they are on stage. They also provide an opportunity for their audience to experience a profound and long-lasting mindset shift.

Motivational speakers provide a new perspective on the way we see life and how to deal with it. They are needed in times of change and in times and uncertainty, for they show us that we can still be happy even in the hardest of times.

We hope you find the tips and insights of these top motivational speakers inspirational and valuable!

Cheers,

*Claudine*

# DR. SUSAN NICHOLS, MD

“The best way to predict  
the future is to create it”

Abraham Lincoln



*Tip 1 - Even when all else fails, believe in yourself.*

*Tip 2 - We speak our reality into existence. Each of us creates our own life. Once awakened, we can then create it consciously.*

Dr. Susan Nicholas is a four-time author, international speaker, TEDx presenter, energy healer, life transformation guide, and host of the Be Conscious Podcast. Dr. Nicholas has a passion for elevating perspectives, getting to the root of what motivates us, and breaking cycles of generational poverty.

Her diverse work has a common thread to awaken humanity to consciousness. Dr. Nicholas is a nature enthusiast and world traveler who also loves getting lost in the expanding universe. She resides in Atlanta, GA with her son.

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## *DR. WAYNE PERNELL*

*Tip 1 - Get clear and dare to desire. If you're not clear about what you want, you'll tolerate a lot of the wrong stuff. Getting clear allows you to move in a super positive direction every day.*

*Tip 2 - Stay Curious - when you're curious, you'll stay out of judgement, you'll stop yourself from being triggered by petty things, and you'll focus on what more there is to the story! That's how you build a beautiful life and amazing outcomes for yourself.*

Dr. Wayne Pernell, known as The Exponential Success Coach, is also a highly sought speaker, Amazon #1 International Best-Selling Author, blogger, and podcast host. He holds a doctorate in clinical psychology and has over three decades of experience in helping accomplished leaders optimize their Mind State and up-level their Excellence resulting in greater profitability, presence, and impact.

Dr. Pernell is the founder and president of DynamicLeader®, Inc. He is a member of the Forbes Business Council, a two-time TEDx speaker, has been featured in the Television series SpeakUp, and is regularly seen on NBC, CBS, ABC, Fox, and The CW, as well as heard on radio and podcasts around the world. He is being featured in a new documentary, Big Stages. And his work can also be found in Fast Company, Entrepreneur, Forbes, the NY Times, and so many others.

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Website: [www.WaynePernell.com/speaker](http://www.WaynePernell.com/speaker)

# AMELIA RANDOLPH CAMPBELL



*Tip 1 - You set your own tone for the day. Wait to interact with the outside world each morning until you've centered yourself in meditation or good 'bread for the head' in audio or written form. Resist the roll and scroll!*

*Tip 2 - Be willing to let go of being right just to be right, and you will drop the unnecessary resistance stopping you from being in your own actual power.*

Amelia Randolph Campbell, CEO, and Founder of ARC, Inc. is a certified Speaker with The Big Talk Academy and alum of the Speaker Salon in NYC. She spent over a decade performing as a stage and screen actor, based in New York, followed by years in Leadership and Sales Coaching, and has taken her two unique careers to create a platform that elevates the personal development experience for leaders, positive disruptors, influencers, and communicators. Her book, currently in development, and subsequent courses empower people with her groundbreaking methodology to interrupt and completely reimagine behavioral habits, releasing all limits on life.

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# MARIE- ELIZABETH MALI

Tip 1 - You're always at choice in your relationships. Recognizing the choices you're currently making empowers you to change them, so you can have more love, connection, and support for who you are now and who you are becoming.

Tip 2 - Leadership in your relationships requires presence. By cultivating your ability to stay present and resourceful in challenging situations, like when you're having a conflict with your spouse, you expand your capacity to be a powerful communicator and leader both at work and at home.



As a Relationship Alchemist, two-time TEDx speaker, and host of the Relationship Alchemy podcast, Marie-Elizabeth Mali shows visionary women and couples how to cultivate deeper love and connection in their relationships.

Drawing on her Master's degree in Chinese Medicine and over 20 years of client work, she teaches people how to show up as authentic leaders in their relationships and work instead of twisting themselves to fit in. Marie-Elizabeth's work has been featured in Thrive Global, SWAAY, and Forbes. She is also a published poet and an underwater photographer who has a thing for sharks.

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# SONJA PEMBERTON

*Tip 1 - Don't allow (F.E.A.R.) False Evidence Appearing Real keep you from Finding Effective Alternative Realities. It's simply a shift in perspective!*

*Tip 2 - You were born with a fingerprint that no one else has because you are meant to leave an imprint on the world that no one else can!*

Sonja Pemberton is a captivating speaker, transformational catalyst, and inclusion strategist. Her relaxed and engaging presentation style resonates with audiences prompting inspiring and empowering engagements. With a career spanning more than 25 years, she has been privileged to lead, mentor, and coach across all career levels and generations, sharing her knowledge and expertise in leadership development, culture, inclusion, and performance improvement.

Her industry experience includes startups to Fortune 100 companies. Sonja holds a master's in organizational development and management and "Dispelling the Myth of the Other," the movement she founded, has been spoken about and taught worldwide.

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# KRISTEN DONNELLY



*Tip 1 - Being a human is hard, and none of us really know how to do it all the time. We need each other - especially people we disagree with - to help us understand how to human best. Talk less, listen more, and let other people help you be human.*

*Tip 2 - We all tend to believe we are the default for how to be a person - our views, our opinions, our way of life. That's simply not true! Instead, we can ask questions to get to know others. Make less assumptions, ask more questions, and the outcome is a fuller human experience for all.*

Kristen Donnelly (MSW, M.Div, Ph.D.) is a four-time TEDx speaker, international empathy educator, and researcher with two decades of experience in helping people understand the beauty in difference, and the power in inclusivity. She is one of The Good Doctors of Abbey Research, COO of their parent company, and an unapologetic nerd for stories of change. Kristen lives outside of Philadelphia with her husband, where they are surrounded by piles of books and several video game consoles.

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# NICK PREFONTAINE

Tip 1 - What if all you had to do every day was just focus on taking your next step? How much more effortless and stress-free would life be? Once you take your first step, there will always be a next step available to you. Having Support, Trust, Energy and Persistence, will be the S.T.E.P. you need to achieve any of your goals.

Tip 2 - “What is funny about this situation?” Humor. I live by it. By always looking for humor out of any situation you take the focus off of yourself. It allows you to focus on being the hero instead of the victim. This also helps you to overcome any crisis, trauma or other life challenge.



Nick Prefontaine is a speaker, Founder and CEO of Common Goal a company that inspires and leads motivated people to their common goal. Our mission is to provide people with the support and tools to achieve their limitless potential. He's also an Amazon Best Selling author of The New Rules of Real Estate and he also co-hosts “Not Just a Transaction” podcast. “Not Just a Transaction” is a podcast that explores the many creative options available for buying or selling a home. Nick and their family team have helped hundreds of people buy and sell even when they thought it wasn't possible. Nick has been featured in Brainz Magazine and on The Big Talk Podcast.

When you're faced with a challenge or adversity, what do you do? Nick shares his story of overcoming adversity, why it's important to remain open and coachable, and lastly why it's important to never take yourself too seriously. His insights come from a place that few have been.

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# ANDREW BENNETT



*Tip 1 - Be a "Good-Finder"*

*Tip 2 - God knows our world is full of fault-finders. Culturally we're swimming in water infested with toxic negativity. Be a courageous leader, a warrior for the human spirit, by looking for what's good. Look for what's good in other people's ideas. Look for what's good in your team's failures. Look for what's good, especially when everyone else is looking for what's bad.*

Andrew Bennett is a speaker, consultant, coach, university professor, magician, and 2x TEDx presenter specializing in leadership, organizational culture, and personal development. Andrew began his career as former U.S. presidential candidate H. Ross Perot's personal assistant at Electronic Data Systems (EDS). For the next ten years, Mr. Perot mentored Andrew, advancing him into management and leadership, culminating in growing an account in Australia from \$5 million to \$65 million in only two years.

In 1997, Andrew founded Bennett Performance Group with a mission of revitalizing the human spirit at work. For 24 years, he has partnered with leaders building cultures where people can thrive at companies like Google, Microsoft, Marriott, US Departments of Homeland Security, Education, Transportation, State Department, and the Marine Corps.

Andrew has worked with over 130 organizations on five continents and guided nearly 40 major multi-year organizational transformation projects. He frequently presents keynote speeches about leadership, organizational culture, and personal development.

Andrew's experience has proven that the human mind and heart are sources of incredible power. He teaches managers and leaders how to create workplace cultures that revitalize the human spirit.

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# ANTUAN MAGIC RAIMONE



Tip 1 - Say to yourself at least once a day, "I am love. I am loved."

Tip 2 - You are your greatest source of love. You alone carry that value and anyone in your life supports that, they aren't the source of it.

As an Author, TEDx Speaker, Actor, #SoldierOfLove, Antuan Magic Raimone has more than 20yrs of professional experience in Musical Theatre and is currently a Universal Swing for the five U.S. companies of "Hamilton." A sexual violence survivor, he is on the Advisory Council for the Office of Victims Services of New York, has given several keynote addresses, has been a panel member for the Men's Sexual Assault Summit, and has spoken at the United States Merchant Marine Academy.

As a #SoldierOfLove he is a champion of light, love and joy for others. His passion and purpose are to empower people to live a whole life. One where mistakes can exist, where fear isn't debilitating and where vulnerability is not a weakness. [www.thesoldieroflove.us](http://www.thesoldieroflove.us)

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# DR. SONIA CHOPRA



*Tip 1 - Using vulnerability and humor can unpack complex ideas in a way where you become relatable to the global community. Always speak your voice, even if it's from the 90's.*

*Tip 2 - Allow your point of view through your genre, generation and culture to always come through fully.*

All good dental practitioners know that every tooth has a story. But it's only the great ones who recognize that it's people's stories that really matter. Because understanding where your peers and patients are in their journeys is the key to building strong relationships and a stronger practice, and it's all rooted in self-empowerment. Dr. Sonia Chopra knows a thing or two about this. You don't become the first female endodontist in Charlotte, NC, board-certified, a TEDx speaker, and Forbes contributor without a serious growth mindset and a strong dose of hustle. Her entire career has been characterized by pushing herself and empowering others to grow—as entrepreneurs, leaders, and patient advocates—all in the service of creating a more educated, balanced field.

Now, on top of running her thriving practice, Sonia provides groundbreaking digital education and community support to general dentists and endodontists who want to uplevel their technical skills, patient experience, and overall business models. Through her thoughtfully designed online course, E-School, she is revolutionizing the reputation of endodontics through the simple, tangible lessons rooted in her own diverse experience.

By empowering dentists to perform better root canals, empowering endodontists to run better practices, and empowering patients to make better health decisions, Sonia is paving a new way forward for the next generation of healthy, confident, empowered people—both in and out of the chair.

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# ***JOURNAL NOTES:***





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