

Henna Pryor, CSP speaker, writer, & workplace

PERFORMANCE EXPERT

#### **ABOUT HENNA**

- Henna Pryor, CSP is a dynamic Workplace Performance Expert who speaks and writes about performance mindset, interpersonal dynamics, high-impact communication, and embracing bumps in a world that keeps optimizing for smoothness.
- She is a regular Expert Columnist for Inc. Magazine, 18x awardwinning author of Good Awkward, and an in-demand global keynote speaker. Her playful personality and insightful talks blend 2 decades of working with corporate leaders and teams with a fresh, science-based approach to taking more strategic risks and boosting social and mental fitness for success at work.
- Check out the <u>pioneering new research study!</u>



AS SEEN IN...

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TODAY FORDES REALSIMPLE The Washington post



#### **SPEAKING**

- In-person events, conferences, and seminars
- Virtual keynotes and workshops (Certified Virtual Presenter)



#### **TOPICS OF EXPERTISE:**

- Social Fitness/Communication
- Performance Optimization
- Mindset and Mental Fitness
- Performance, Leadership, and Sales Psychology
- Persuasion, Influence, and Negotiation



#### **LEARN**

- Good Awkward: How to Embrace the Embarrassing and Celebrate the Cringe to Become the Bravest You
- LinkedIn Learning Courses

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# **Short Biography**

Henna Pryor, CSP is a dynamic Workplace Performance Expert who speaks and writes about performance mindset, interpersonal dynamics, high-impact communication, and embracing bumps in a world that keeps optimizing for smoothness.

She is a regular Expert Columnist for Inc. Magazine, 18x award-winning author of Good Awkward, and an in-demand global keynote speaker. Her playful personality and insightful talks blend 2 decades of working with corporate leaders and teams with a fresh, science-based approach to taking more strategic risks and boosting social and mental fitness for success at work. Her clients call her their "secret weapon for impossible change," an honor she wears proudly.

In addition to speaking for TEDx, SXSW, and being frequently tapped by media outlets like Business.com, FastCompany, INSIDER, HuffPost, NBC, FOX, and more, she's a SUCCESS Magazine Woman of Influence, LinkedIn Learning Instructor, and Glassdoor WorkLife Pro. Her book was also named a Kirkus Reviews' Best Book of the Year.



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- She's a regular <u>Expert Columnist</u> for Inc. Magazine, 18x award-winning author of Good Awkward, and an in-demand global keynote speaker. Her playful personality and insightful talks blend 2 decades of working with corporate leaders and teams with a fresh, science-based approach to taking more strategic risks and boosting social and mental fitness for success at work.
- She's been invited to speak twice for TEDx in NYC and Wilmington, DE, and brings her expertise to a variety of global organizations including Google, Workday, Johnson & Johnson, and JPMorganChase. She's also frequently tapped for her fresh perspectives by top media outlets like TIME Magazine, WSJ, INSIDER, NBC, Washington Post, Fast Company, Business.com, HuffPost, and more.
- Henna founded Pryority Group a fast-growing performance growth firm – to expand on her belief that the key to most people's success is learning to strengthen mental and social muscles in order to boost risktaking, maximize influence, and be braver in the work that we do.
- She's also a SUCCESS Magazine Woman of Influence, LinkedIn Learning Instructor, Glassdoor WorkLife Pro, two-time SXSW Workplace track speaker, and her bestselling book was endorsed by NFL Quarterback Russell Wilson and former HBR Editor Karen Dillon, and was named a Kirkus Reviews' Best Book of the Year.





All downloadable, bureau-friendly video can be found <u>HERE</u>.

Headshots and brand photos can be found HERE.



Henna's signature keynotes all zero in on her area of expertise: A science-backed approach to improving the mindsets, habits, and actions of hungry high achievers to move them from their first level of success to their next one.

She loves sharing her fresh perspectives on performance mindset, interpersonal dynamics, high-impact communication, and embracing bumps in a world that keeps optimizing for smoothness.

What made our teams successful in the past won't be what sets them apart in the future.

> Book Henna today to blast up your team's Workplace Performance.

Find your ideal program or work with me to design your own! 🦣



### AWKWARD AND UPWARD!

YOUR SURPRISING SECRET WEAPON FOR NAVIGATING UNCERTAINTY, RAPID CHANGE, AND THE FUTURE OF WORK

### **BEST FOR:**

- NAVIGATING CHANGE
- ADAPTABILITY IN DISRUPTION
- INNOVATION/RISK-TAKING
- TEAMWORK/COLLABORATION
- COMMUNICATION
- MINDSET

Advances in technology have made it easy to avoid real – and sometimes difficult – human interaction. While texting, online ordering, and "swiping right" are convenient, we're losing the skills of relating to others, building trust and connection, and enduring the critical friction and messiness we get from being in proximity to each other. This new reality is weakening our social muscles and slowly destroying our ability to have the conversations needed to connect at the highest level, take smart risks, and navigate today's increasingly complicated world of work.

Navigating uncertain times sounds obvious enough, but most of us have a hard time moving from wishful thinking to execution. Why? Because when we stumble through those moments, we feel awkward – and that awkwardness bumps up against our deep desire for others to approve of us and what we do. As it turns out, it's what we improve in the face of these moments – often despite others' judgment – that leads to the greatest growth.

Join world-renowned keynote speaker, Inc. Magazine columnist, and Workplace Performance Expert, Henna Pryor, to learn how embracing the Good Awkward is your secret weapon for skyrocketing teamwork, speaking up boldly and effectively, and strengthening your adversity muscle.

Good Awkward helps you unlock your highest level of power and influence to navigate the world around you. Audiences will leave feeling more confident, equipped to build stronger teams, and ready to lead to their highest potential, all wrapped in the laughter and relatability her audiences can't get enough of.

#### AFTER THIS KEYNOTE, YOU'LL BE ABLE TO:



Pinpoint the exact reason it's been difficult to take risks and embrace change – and how to move past it



Use deliberate discomfort and strategic microstressors to rebuild our social and risk-taking muscles



Create a custom plan for collaborating, speaking up, sharing ideas, and being brave and change-ready whenever the chance arises

# THE CHANGING PSYCHOLOGY OF INFLUENCE IN THE MODERN ERA

HOW TO OVERCOME RESISTANCE TO MOVE YOUR IDEAS FORWARD

### **BEST FOR:**

- INFLUENCE/PERSUASION
- LEADERSHIP
- SALES/REVENUE GROWTH
- COMMUNICATION
- ADAPTABILITY IN DISRUPTION
- MINDSET
- FUTURE OF WORK

In the modern era, the new psychology for creating new actions, influence, inspiration, and navigating through uncertainty has changed. We need to take a new approach to create new actions in our teammates and in ourselves, to persuade prospects, to have difficult conversations, and to maximize opportunities for partnership.

If you've ever found yourself facing resistance to your ideas – you're not alone. Even when we have a great idea that will affect enormous change, we don't always get the reaction – or action – we're hoping for.

That's because we spend the majority of our energy making our ideas and changes more compelling, more interesting, more attractive — pouring on the fuel — that we rarely discover the frictions that are working against us, and we ALL have them.

In this interactive session, join world-renowned speaker, author, Inc. Columnist, and Workplace Performance Expert, Henna Pryor, to uncover and explore the THREE specific reasons why people resist change, and more importantly, concrete strategies to overcome them so we can move our ideas, initiatives, team members, prospects, and mission forward.

#### AFTER THIS KEYNOTE, YOU'LL BE ABLE TO:



Shift away from problem-solving to a more valuable strategy



Understand how being the "expert" is hurting your influence instead of helping



Position your idea from several new angles that increase trust and get the green light you need for people to say yes

## DOMINATE DISRUPTION AND IGNITE A NEW STANDARD OF EXCELLENCE

UNLOCKING THE MENTAL AND SOCIAL SKILLS OF SUCCESS IN A FAST-CHANGING WORLD OF WORK

### **BEST FOR:**

- NAVIGATING CHANGE
- ADAPTABILITY IN DISRUPTION
- MINDSET
- LEADERSHIP
- TEAM PERFORMANCE
- DOMINATING DISRUPTION

The old tools of success got us here. They won't take us where we need to go next.

Today's top performers are grappling with a hidden paradox: the very excellence that built their reputation is quietly holding them back. In a world flooded with change – new rules, new tech, new expectations – clinging to what we've always done well is the fastest way to fall behind.

In this provocative and energizing keynote, Henna Pryor, Workplace Performance Expert and 2x TEDx speaker, flips the script on what modern excellence really looks like. Through a mix of powerful storytelling, behavioral science, and mindset-shifting tools, she shows audiences how to train the mental and social muscles that fuel success in today's disruptive world. We explore factors like mindset monkey wrenches, strategic discomfort, and the #1 tool everyone needs in a turbulent world: neutral thinking.

With strategies that stick and stories you'll still be thinking about weeks later, this keynote will help your team build the habits that matter most when everything's in flux.

#### AFTER THIS KEYNOTE, YOU'LL BE ABLE TO:



Recognize why excellence has become a hidden trap – and how to break free to take more risks



Train your brain to stay clear-headed in chaos using tools like Neutral Thinking, deliberate discomfort, and strategic Self-Talk



 Formulate a personalized game plan to be changeready and build a mindset of resilience, creativity, and agency on demand

In times of disruption, the winners aren't the ones who hold on tighter. They're the ones who learn to let go faster, and leap forward with a new kind of excellence.

# THE HIDDEN FACTOR BEHIND HIGH-PERFORMING TEAMS

HOW TO STRENGTHEN SOCIAL MUSCLE AND PREVENT TEAM ATROPHY IN A FAST-CHANGING WORLD

#### **BEST FOR:**

- NAVIGATING CHANGE
- ADAPTABILITY IN DISRUPTION
- INNOVATION/RISK-TAKING
- TEAMWORK/COLLABORATION
- COMMUNICATION
- MINDSET

We've never been connected — or more disconnected. Technology has made it effortless to reach anyone, anywhere, anytime... yet, 44% of workers describe their workplace relationships as "superficial," and 1 in 3 employees would rather scrub a toilet than ask a colleague for help.

So, the real question is: How can we feel as connected socially as we are technologically?

In this high-energy, insightful, and first-of-its-kind keynote, Henna Pryor reveals what's really holding teams back—and it's not lack of skill, resources, or talent. It's Social Muscle Atrophy (SMA) — a hidden performance killer that weakens trust, silos collaboration, and slows innovation. The good news? Social Muscle Strength (SMS) isn't something you're born with. It's something you build.

World-renowned speaker, author, Inc. Columnist, and Workplace Performance Expert, Henna Pryor will teach you the Social Muscle Framework — an actionable, digestible, and easy-to-implement process that addresses the two key levers that unlock peak team performance: Design and Dimension.

She'll share how today's top leaders are rethinking relationship-building, reengineering communication, and creating conditions where collaboration and innovation happen naturally, so teams can perform even better with the resources they already have.

If you're ready to future-proof your team's ability to perform at the highest level - this is the keynote that will change the way you think about team success forever.

#### AFTER THIS KEYNOTE, YOU'LL BE ABLE TO:



Recognize the early warning signs of Social Muscle Atrophy — and stop them before they derail your team



Implement the
Social Muscle
Framework to
create smarter,
faster, and stronger
collaboration,
communication,
and innovation



 Design systems that encourage trust, idea-sharing, and problem-solving in today's modern world



### **AI and Future of Work Talks**

SKYROCKET YOUR WORKPLACE PERFORMANCE.



# Henna's NEW speaking programs explore a bold new edge of workplace performance: where Al meets human connection.

Her talks focus on the intersection of AI + our uniquely human skills, revealing how emerging tech isn't replacing our soft skills – it's exposing how essential they are AND teaching us how we can use AI to enhance them.

With her trademark blend of science-backed insights and razor-sharp humor, Henna helps high achievers upgrade the mindsets, communication habits, and leadership moves they'll need to stay future-ready. From decoding tone with AI to building trust in high-stakes conversations, she equips teams with unexpected, practical tools to level up what matters most: their ability to connect, persuade, and perform -

human to human.

The old playbook won't win the future. Ready your team for what's next.

### **BEST FOR:**

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- MINDSET
- WOMEN'S EVENTS

### HIGH-TECH, DEEPLY HUMAN

STRENGTHENING WORKPLACE RELATIONSHIPS USING AI

Al isn't replacing your soft skills – it's revealing how badly we need them.

In a workplace racing toward automation, many worry AI will strip our interactions of humanity, flattening communication into transactional exchanges. But here's the surprising flip: AI, when used intentionally, can become an unexpected ally in strengthening relationships.

In this energizing keynote, Workplace Performance Expert Henna Pryor reveals how AI acts like a "prescription lens" that sharpens empathy, clarity, and emotional presence at work. Instead of letting automation dilute human connection, Henna shows leaders and teams how to wield AI as a tool to design connection – not just hope for it. Audiences will discover how to role-play tough conversations, catch blind spots in tone, personalize outreach at scale, and, most importantly, stay deliberately, courageously human in a high-tech world.

#### AFTER THIS KEYNOTE, YOU'LL BE ABLE TO:



Use AI to prepare for high-stakes conversations with greater empathy and clarity



Spot and correct tone misfires before they derail trust



Personalize your communication at scale without losing authenticity



Strengthen your "human edge" to stand out in an Al-driven workplace

Because in today's workplace, the edge won't go to the ones who automate the fastest – it'll go to the ones who stay deeply human and use Al to prove it.

### THE PERSUASION PLAYBOOK

USING AI TO AMPLIFY YOUR INFLUENCE

Al can't make you persuasive – but it can make you unstoppable.

### **BEST FOR:**

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- COMMUNICATION
- ADAPTABILITY IN DISRUPTION
- MINDSET
- FUTURE OF WORK
- WOMEN'S EVENTS

We're living in an age of Al-generated noise: more emails, more pitches, more content... but we've known for years that more noise doesn't equal more influence. Can we actually use technology

In this provocative keynote, Workplace Performance Expert Henna Pryor shows why real influence still comes down to trust, relevance, and emotional connection – and how AI (when used wisely) can amplify all three. Audiences will learn to harness AI as their ultimate persuasion partner: a backstage

coach that sharpens messaging, flags emotional cues, role-plays pushback, and tailors outreach

without losing our uniquely human edge.

With her trademark blend of humor, sharp insight, and actionable tools, Henna empowers professionals with the cutting-edge techniques to rise above the noise, earn trust, spark buy-in, and influence even when they're not in the room.

#### AFTER THIS KEYNOTE, YOU'LL BE ABLE TO:



to help?

Use AI to sharpen and tailor your messaging for maximum impact



Identify and address emotional cues and hidden objections



Prepare for resistance and pushback with confidence



Balance
authenticity
with
technology to
build trust
and spark
buy-in

Because in a world where anyone can automate a message, the real power lies with those who can make it matter.

### Why hire Henna?

#### THE TOP 6 REASONS TO HIRE HENNA PRYOR FOR YOUR NEXT EVENT

Hiring a speaker who gets your business, connects with your audience, and delivers impactful and modern content with actionable takeaways is critical to a successful event.

#### Attention is a currency.... and we don't have time to waste!

Henna Pryor has worked with audiences across all levels and industries throughout her career, which gives her the unique ability to meet people where they are, pushing boundaries, challenging them to play a bigger game, removing obstacles and excuses to success, and reframing struggle as opportunity.

She delivers customized keynotes, coaching, and leadership development programs to established and emerging leaders at the world's best-known brands, Workday, US Bank, Johnson & Johnson, FIS Global, and many more.



### A few ways happy clients have described Henna:

- "Actionable, relevant, real, magnetic... and honestly, a ton of FUN."
- "Henna told us she was going to light our team on fire and she delivered. She's somehow able to straddle the tension between a firm, but loving push - one that makes you laugh, cry, take action, and get excited for the future."
- "Even virtually, she had our entire team glued to the screen! One of the few speakers out there with top-notch credentials and high energy, spot-on delivery."

HERE ARE 6 REASONS YOU'LL WANT TO CHOOSE HENNA.



# Why hire Henna?

#### THE TOP 6 REASONS TO HIRE HENNA PRYOR FOR YOUR NEXT EVENT

Here are 6 reasons why meeting professionals, speaker associations, and corporations love working with Henna:

#### **REASON #1 REASON #2 HENNA DOESN'T JUST RELAY** SHE COMES WITH A DELICIOUS **IDEAS - SHE RESONATES.** COATING OF CREDIBILITY. In addition to being a Certified Speaking Professional Henna's warmth, intelligence, and authenticity shine (CSP), Henna spent 14 years as a leader and top 10% through her keynotes and workshops. She never "gives a producer at a \$2B publicly traded staffing firm where she speech." Instead, she holds a conversation with your worked with leaders and high performers across every audience, whether that's 10 leaders in a high-level strategy session or 5,000 people in a convention center industry under the sun, before starting her firm in 2019. She keynote. Every session is interactive to get your attendees quickly gained status as one of the freshest voices in the involved and give them a transformative, experiential, leadership and professional development space and has and memorable experience! been featured in TIME, WSJ, Business.com, HuffPost, NBC, and has won numerous awards and tapped for several LinkedIn Learning courses. **REASON #3 REASON #4** HENNA KEEPS IT REAL. **CUSTOMIZATION OF CONTENT** She has lived through and experienced many of the same Henna loves the process as much as the result! She does challenges as your audience – and she's not afraid to talk extensive research, including pre-event planning calls, about them. She firmly believes that uncertainty and interviews with your attendees (who love that she does awkward beginnings are not only part of the journey to her homework!), as well as studying your mission, values success - they're a critical component. She loves to share and event objectives so she can provide customized impactful personal stories about her upbringing, content. She knows her area of expertise extremely well professional missteps, and lessons learned about leadership, performance, and relationships between leadership and success. And audience members can people – inside and out. She's also a voracious learner relate, often thanking Henna for her "realness and and reader who always keeps up with the latest data on humanity." human behavior and professional and personal development. **REASON #5 REASON #6** SHE GETS LOUD! **AGILITY & ACTIONABLE TAKEAWAYS** Want additional marketing, social media, or promotional Sometimes, sessions take an unexpected turn. An amazing

Sometimes, sessions take an unexpected turn. An amazing question from the audience might catalyze a meaningful conversation. Henna prides herself on agility - no "out of the box" scripts that need to be adhered to. Henna relies on her expertise to add value in both expected AND unexpected places. She also prioritizes a bias for action: Henna wants the learning to last long after your session, so she makes it a mission to share immediately applicable takeaways.

# support to ensure your event's success? Henna is happy to provide a custom marketing video, social media posts, and teaser interviews so you can get everyone excited about your event, whether it's open to the public or an internal event. She loves to be your partner before, during,

and after your event.

### **TESTIMONIALS**





If you are looking for a speaker to light a fire in your growth team — Henna is who you should book. Her session gave our team so much energy (as in, I had to cut my team off and move on to dinner at the end of the day).

Rebecca Black, VP of Marketing, RevUnit

Her energy was contagious and her competence shined through from the very first call! Not only was she spot on with her content and messaging, but we couldn't have asked for a better partner in the process.

Robyn Ginese, Global Head for Executive Leadership and Development, FIS Global





If you want an engaging speaker who is authentic, motivational and understanding of what it takes to have a bias for action, then HENNA IS IT.

John Dougan, Senior Director, Global Sales Delivery & Coaching, Workday

From the moment Henna took the stage, our audience was hooked! She was not only entertaining and energetic, but she also shared timely and relevant insights to help us navigate the discomfort we're all experiencing in these uncertain times.

We're still getting feedback from attendees about the impact of her talk weeks later. We loved working with Henna and would strongly recommend her for anyone looking for a captivating keynote!

Elli Reges, PhD, Director of Learning and Development, Security Industry Association



# **IMAGES**









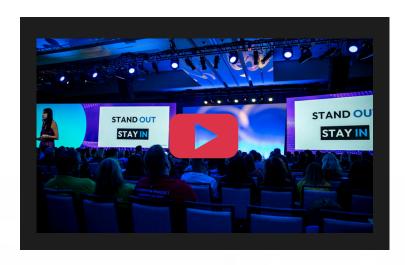




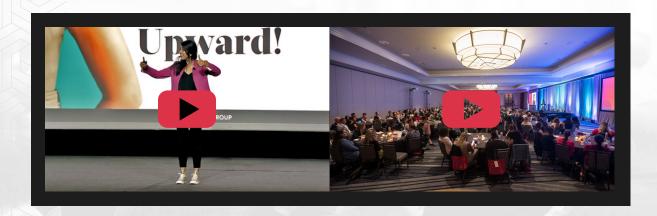
**DOWNLOAD HEADSHOTS AND BRAND PHOTOS** 

### MEDIA GALLERY

#### **2025 SPEAKER REEL**



### **ADDITIONAL SPEAKING SAMPLES**



SEE MORE TELEVISION, PRESS, AND PODCASTS HERE.

WWW.PRYORITYGROUP.COM

### **Additional Resources**

- DOWNLOAD THE PIONEERING NATIONAL RESEARCH STUDY!
- HENNA'S <u>LINKEDIN LEARNING COURSES</u> (AI + INTERPERSONAL COMMUNICATION AND AI + INFLUENCE COURSES RELEASING LATE SUMMER!)
- INC. MAGAZINE COLUMN, THE AWK-WORD
- TED.COM HOMEPAGE FEATURED TALK: WANT TO GET AHEAD AT WORK? RISK THE AWKWARD MOMENTS
- TEDX #2: THE NEW WAY TO BRAG IN THE MODERN WORLD AND FEEL GOOD DOING IT
- HENNA'S CAREER ADVICE ON GLASSDOOR
- LIKE PODCASTS? CHECK OUT HENNA'S PODCAST APPEARANCES!





Invite Henna to speak!

info@pryoritygroup.com 267-225-8375



