

LENORE KANTOR

The Work-Life Alchemist | Life Path Guide | Energetic Alignment Strategist | Business Thought Partner

SPEAKER BACKGROUND

PRESENTATION TOPICS

- **Beyond the Default: Reimagining Life and Work by Design:** Empowers leaders to rethink the achievement myth through more conscious and intentional choices.
- **The Success Trap: When Growth Becomes Self-Abandonment:** An exploration of the hidden pitfalls in our culture of achievement and performance.
- **Work Is Not Love: Debugging Our Default Leadership Codes:** A thoughtful look at how leaders direct their energy to create more effective self-management strategies.
- **From Productivity to Authenticity: Creating Aligned Impact:** Examines how leaders can move from external achievement to internal grounding for increased impact.

VENUES

- Tech Equity Hub
- Women Entrepreneur's Bootcamp
- SXSW / UKTI / Select USA
- Opal Financial Innovation Summit
- Downtown Alliance / LMHQ
- InStyle / Authority / Valiant CEO Magazine
- Connect2Effect Keynote
- Galvanize / Primary / Serendipity Labs

AFFILIATIONS / SEEN IN

- Columbia Career Coaches Network
- Bard's MBA in Sustainability
- Columbia Startup Lab
- Pratt University
- ESADE Alumni Network
- CUNY Techworks
- SAYge Link Pro
- Lead the Change Podcast

ABOUT LENORE

Lenore Kantor guides high performing leaders to consciously create more resonance in their life and work as The Work-Life Alchemist, a life path guide, business thought partner and energetic alignment strategist. As a former corporate marketing executive and founder of Growth Warrior, she has focused on the intersection of leaders' personal and professional brands and identities for over 3 decades. Author of **"So, What Do You Do? The Authentic Alchemy Path to Find Who You Are"**, a heart-centered guide to uncover your true calling and a new book for high performers to reinvent their life by design, not default (2027), Lenore integrates strategic business expertise with intuitive insights, guiding over a thousand seekers to more personal fulfillment and professional purpose. Lenore is available for private coaching, retreats, professional development, and book talks.



FOR MORE INFORMATION

www.growthwarrior.co

LIFE AND WORK REDESIGN

Authentic and Aligned Leadership - Life and Work by Design

LENORE KANTOR'S IMPACT

"I can't recommend Lenore highly enough to help you realize your professional vision."

"Lenore helped me grow as a leader."

"Lenore's expert advice has been invaluable."

"Lenore supported me in asking for more all across the board."

-- Kelly Wallace, COO, Trailrunner

-- Mike Uttley, EVP, oneZero

-- Kirsten Hund-Blair, CEO

-- Catherine Tedrow, Founder

Lenore has spent 30 years shifting leaders' relationship to work from:

- Pushing, performing, and striving → **Leading with clarity, confidence, and flow**
- Burned out and over-delivering → **Creating sustainable success with strong boundaries**
- Undervalued competence → **Being recognized and rewarded for authentic leadership**
- Conflict avoidant → **Navigating tough conversations with courage and influence**
- Unhealthy cycles → **Choosing aligned opportunities that amplify impact and fulfillment**

She guides high performers to expand their influence, income, and impact through a unique blend of business strategy, embodied awareness, and energy practices. Her actionable frameworks and approach drive increased leadership presence, mindset and strategy shifts, as well as enhanced worth and authenticity, to produce meaningful change.

CONTACT

Lenore@growthwarrior.co

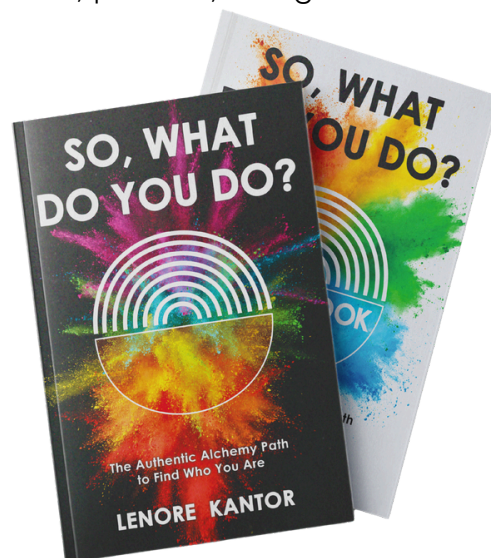
SO, WHAT DO YOU DO? offers a life-changing journey to self-discovery, by uncovering your authentic calling. This heart-centered guide and companion Workbook provide a powerful 8-step road map to help you find your life's work. With thought-provoking exercises, inspiring rituals, and spiritual insights, you'll embark on a profound exploration of your values, passions, and gifts.

PRAISE for SO, WHAT DO YOU DO?

"Lenore Kantor has written a generous, magical book to support your journey to finding the life you are looking to live. Playful and serious, deep and fun, this book supports profound exploration. You can feel you are in the presence of someone who has walked her talk."

--Ann Bradney, Director, Radical Aliveness Institute

ORDER BOOK
or WORBOOK



Lenore@growthwarrior.co
www.growthwarrior.co