

LENORE KANTOR

The Work-Life Alchemist | Life Path Guide | Energetic Alignment Strategist

PRESENTATION TOPICS

- **What Got You Here is Code.** A framework-driven keynote revealing the 5 default leadership codes that propelled high-achieving women to where they are - and now quietly block the next level.
- **The Success Trap: When Growth Becomes Self-Abandonment:** Exploration of the impact and hidden pitfalls in a culture of achievement and performance.
- **Stop Performing Confidence and Start Trusting Yourself:** A practical exploration of how talented women become stuck - and the shift that creates genuine authority.
- **Are You Betraying Yourself at Work?** A research-backed conversation on the hidden costs of high achievement. What ambitious women give up to stay safe, and what becomes possible when they stop.
- **Beyond the Default: Reimagining Life and Work by Design:** Empowers leaders to rethink the achievement myth through more conscious and intentional choices.

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 is a speaker, author, and leadership thought partner who explores the hidden emotional architecture beneath modern success culture. A former corporate marketing executive and founder of Growth Warrior, she helps high-achieving leaders, entrepreneurs, and organizations rethink the way they define achievement, leadership, identity, and impact. Known for her powerful blend of strategic insight, emotional intelligence, and intuitive depth, Lenore has guided over a thousand leaders out of default patterns of performance, burnout, and self-abandonment and into lives and businesses built by conscious design. Author of **"So, What Do You Do? The Authentic Alchemy Path to Find Who You Are"**, a heart-centered guide and workbook to uncover your true calling and a forthcoming book on designing your life and work by intention, not default (2027), Lenore is available for private coaching, retreats, professional development, and book talks.



FOR MORE INFORMATION

www.growthwarrior.co

THE SHIFT LENORE GUIDES

For more than three decades, Lenore has worked at the intersection of personal identity, professional reinvention, and meaningful contribution — helping thousands of individuals reconnect to the work, voice, and life they were actually meant to lead.

She helps leaders shift 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 achievers to expand their influence, income, and impact through a unique blend of business strategy, embodied awareness, and energy practices. Her actionable frameworks and approach produce meaningful change by driving increased leadership presence, mindset and strategy shifts, as well as enhancing individual worth and authenticity.

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

CONTACT

Lenore@growthwarrior.co

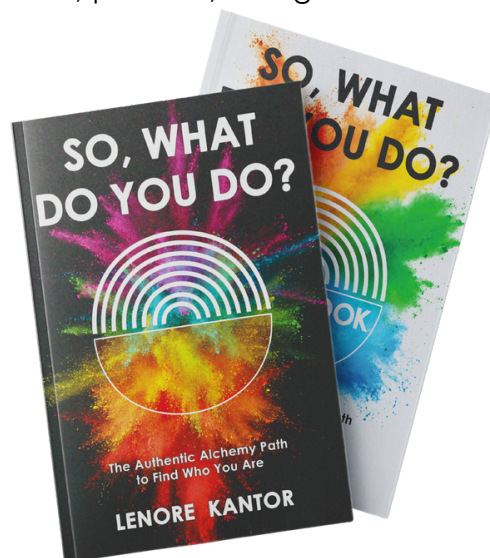
SO, WHAT DO YOU DO? offers a life-changing journey to self-discovery, by uncovering your authentic calling. This heart-centered guide and companion Workbook provide a powerful 8-step road map to help you find your life's work. With thought-provoking exercises, inspiring rituals, and spiritual insights,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

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