

MEDIA KIT

SUZANNE KNIGHT

FUTURE OF WORK LEADER | AI, INNOVATION & DIGITAL
TRANSFORMATION EXPERT | CO-FOUNDER OF LEADING
NATIONAL WOMEN'S NETWORK

2025

ABOUT SUZANNE KNIGHT

Suzanne Knight, MBA, MA, is an award-winning expert, keynote, and TEDx speaker, renowned for injecting humour, storytelling, and practical advice on topics including leading and navigating transformational change, the future of work, and cutting-edge technologies such as artificial intelligence, virtual and augmented reality, and the metaverse.

With a distinguished career as a global consultant and corporate executive, Suzanne has guided over 60 companies in 14 countries to anticipate and adapt to change so they can thrive, rather than just survive. As an instructor at York University's Schulich ExecEd business school, she has been imparting knowledge on change management, leadership, and communicating for impact for over a decade.

Suzanne's inspiring TEDx talk, "How to Juggle 10 Balls at the Same Time," leveraged her corporate transformation experience to help women, parents, and anyone struggling with their schedule embrace agility to be happier, achieve balance, and flourish as an individuals or family.

In 2023, Suzanne co-founded Be Uninterrupted, a social impact organization that uses AI and human connection to help professional women avoid or navigate career interruptions. Her goal is to solve for pay and gender equality, one woman at a time. In her corporate life, Suzanne was an Executive Advisor for Walmart Canada's Women in Retail program and developed the Diversity, Equity, Inclusion, and Belonging Strategy for a Consumer Goods company for their staff in North and Latin America.

Before embarking on her portfolio career, Suzanne held significant executive leadership roles: Vice President of Transformation Services for Walmart Canada, overseeing a portfolio affecting over 100,000 employees, Head of Organizational Effectiveness and Change at Philip Morris International (Canada), Deputy Head of Deloitte's Transformational Change consulting practice, and leader of the Modernizing Services portfolio for the Ontario government.

Suzanne holds an MA in Industrial/Organizational Psychology and an MBA in Finance and Strategy. Her contributions and impact have been widely recognized, with accolades such as being named on The Peak's Emerging Leaders List (under age 40) and Digital Media Zone's 2023 Women of the Year.



FEATURED IN



Digital Media Zone's
2023 Women of the Year



Canadian Association of Women
Executives & Entrepreneurs Award



The Peak's 2023
Emerging Leaders List

KEY TOPICS & MEDIA ANGLES

- The Future of Work: Insights into how AI, VR, and the metaverse are reshaping careers and industries.
- Transformational Leadership: Strategies for leading organizations through significant change.
- Gender Equity in the Workplace: Addressing career interruptions and promoting pay equality.
- Embracing Agility: Balancing personal and professional life in a rapidly changing world.

SELECT MEDIA FEATURES & KEYNOTES

- Featured in Canadian Government Executive article on Leading Change in Government..
- Interviewed by ChosunBiz on future retail trends involving AI, AR, and automation.
- TEDx Talk: "How to Juggle 10 Balls at the Same Time" – Practical advice on embracing agility for a balanced life.
- 2024 Global Retail and Consumer Goods Forum keynote, Seoul, South Korea.
- Forbes Middle East Women's Summit: Leveraging AI to Support Gender Equality.
- Innovation vs. Bureaucracy: Suzanne Knight Of mBolden On Strategies for Fostering Innovation Inside Big Business

SELECT PODCASTS

- Understanding Your Customer's Journey - Uniphore Technologies
- Leading Through Change: Real Talk & Lessons from Those Who've Been There- Speak Your Mind Unapologetically.
- The Longest Day.
- Go Deeper- GBLOC
- Democratizing Transformation- Talent Management Truths
- Applying Skills to the Talent Lifecycle- Perennial Talent

TESTIMONIALS

"I've seen Suzanne in action a couple of times, across a range of transformational topics and events. Each time she brings a strong enthusiasm for change, and a keen eye for practicality and usefulness in her recommendations."

- Hannah Yardley, Chief People and Culture Officer at Achievers.

"We used Suzanne as a keynote for one of our VIP client events. She was funny, engaging and her tips, real stories and education woven throughout her keynote, left our clients feeling like work, life, balance was possible and left excited to put her insights to work. A few of my clients even booked her for their own events following this. We can't wait to work with her again!"

- Erin Breckbill, Vice President of Sales and Marketing, Peter & Paul's Hospitality Group

The speaker's speech delivery was very clear and well prepared. The speaker participated in the rehearsal the day before the conference to avoid any potential errors, and communicated with a panel to discuss the panel session. The presentation materials were submitted on time and contained useful insights & info based on her expertise, together with adequate visual aid to help the audience's understanding. The speaker's interview was also very precisely written, providing sources for more background information.

- Ashley Park, Manager, Media Business Department, ChosunBiz

"I want to take a moment to express my heartfelt gratitude for your incredible contribution to the TEDxEtobiCoke. Your story and journey have not only inspired everyone in the audience but have also empowered them to take action and strive for greatness in their own lives."

- TEDxEtobicoke Lead Organizer

60+ Companies Guided | **14** Countries

For expert commentary or media appearances, engage Suzanne Knight to provide your audience with insightful perspectives on the future of work, digital transformation, and best practices in leading during times of change.

CONTACT

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