

# SUZANNE KNIGHT

# SPEAKER PROFILE

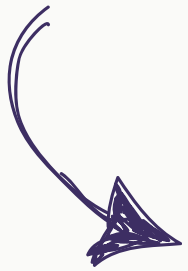


**MAKING TRANSFORMATION  
MAKE SENSE**

**[WWW.SUZANNEKNIGHT.COM](http://WWW.SUZANNEKNIGHT.COM)**

# EVERYTHING IS CHANGING

Leaders and teams are *overwhelmed* trying to do their jobs while navigating:



- Global politics
- Economic shifts
- Competition
- Customer expectations
- Technological disruption

## IT'S NOT GETTING EASIER.

And it is *hurting* their productivity, engagement, and wellness.

**Suzanne doesn't just talk  
change.**

**She bridges  
Fortune 500 strategy  
with startup agility.**

**She helps leaders  
turn disruption into  
direction.** 



Manulife



Ontario



**80+** Companies  
Guided

**14** Countries



INTRODUCING

# Suzanne Knight, MBA, MA



Digital Media Zone's Women of the Year



Canadian Association of Women Executives & Entrepreneurs Award



The Peak's Emerging Leaders List

Service  
Canada 

 ACADIA  
UNIVERSITY

doctors  
of bc  
British Columbia Medical Association

ELEVATE  
FEST   
 IVAL

# GUIDING LEADERS & TEAMS THROUGH CHANGE

Helping reduce complexity, accelerate execution, and deliver measurable business results.

WITH A LENS ON:

- **LEADERSHIP**
- **PRODUCTIVITY**
- **AI & DIGITAL**

**Captivate your audience** with compelling data, powerful case studies, and real transformation stories that spark insight and inspire change.



# TRUSTED SPEAKER FOR:



# TRUSTED ADVISOR FOR:



# NEVER WASTE A GOOD CRISIS

HOW TO LEAD WITH INTENTION  
IN UNCERTAIN TIMES

**SUZANNE KNIGHT, MBA, MA**

## **Talk Overview**

Pressure does not only expose what is broken, it also reveals what is possible.

In this practical session, Suzanne shows leaders how to turn disruption into strategic momentum by clarifying priorities, aligning decisions, and solving the root causes that slow execution.

## **Your Audience Will Learn To:**

- Shift from firefighting to intentional operating rhythms
- Make confident decisions in complex or ambiguous conditions using clear guardrails
- Communicate with clarity and build trust across stakeholders and teams



## **Ideal For:**

- Leaders facing volatility, strategic resets, or stalled initiatives.
- Organizations undergoing change, growth, or restructuring
- Industries in high-regulation or fast-moving markets
- Any team that feels stuck and needs a way forward

Available as a 45 minute keynote, 90 minute executive session, half-day workshop, or full-day workshop, virtual or in person.

# ALIGNED AND ACCOUNTABLE

HOW LEADERS GET TEAMS MOVING AND RESULTS DELIVERED

**SUZANNE KNIGHT, MBA, MA**

## Talk Overview

Most companies have a strategy, but teams struggle because priorities are unclear, decisions are slow, and accountability is inconsistent.

In this session, Suzanne Knight shows leaders how to improve alignment, strengthen decision-making, and increase accountability in complex environments.

At the core is a practical approach to influencing without hierarchy, what Suzanne calls relatable authority, so leaders can move work forward and deliver results that matter.

## Your Audience Will Learn How To:

- Align teams around clear priorities and reduce execution friction
- Influence across functions without relying on title
- Clarify decision ownership and improve accountability
- Shift teams from passive delivery to active ownership

## Ideal For:

- Senior leaders and functional heads
- Cross-functional and matrixed teams
- Organizations improving execution
- Leadership and talent teams building high-performing cultures
- Teams navigating growth, change, or complexity



Available as a 45 minute keynote, 90 minute executive session, half-day workshop, or full-day workshop, virtual or in person.

# CREATE MORE TIME

UNLOCK CAPACITY, EFFICIENCY,  
AND FLOW AT WORK

**SUZANNE KNIGHT, MBA, MA**



## Talk Overview

Most teams are not failing because they are not good enough, they are often working too hard on work that does not create value. With constant demands and shifting priorities, it is easy to confuse activity with impact.

Unlock capacity by redesigning how people work, meet, and make decisions. Learn how to protect wellbeing and create space for high-impact work.

## Your Audience Will Learn How To:

- Identify hidden drains on time, energy, and team capacity
- Reduce unproductive meetings and streamline workflows
- Simplify team communication and decision-making
- Prioritise work that creates measurable value
- Create time for strategy, innovation, and deep work



## Ideal For:

- Senior leaders and boards
- Operations and transformation teams
- High-performers at risk of burnout
- Functional and project managers

Available virtual or in-person for:

45 minute keynote, 90 minute session, or half or full-day workshop.

# THE NEXT BIG THING

## AI AND DIGITAL TRANSFORMATION THAT ACTUALLY MOVES THE NEEDLE

**SUZANNE KNIGHT, MBA, MA**

### Talk Overview

What does it really take to drive ROI from digital transformation?

In this fast-paced session, Suzanne shows how high-performing organizations use generative AI, automation, robotics, and predictive analytics to create measurable impact. Drawing on her experience leading Digital and Efficiency Transformation at Walmart Canada, she shares practical strategies that build skills, embed new ways of working, and focus time and money on what moves the needle.



### Your Audience Will Learn To:

- Start with business problems, not tools, to drive real ROI
- Leverage modern AI and automation to create value
- Build a digital-ready workforce and culture
- Avoid transformation theatre by shifting from activity to impact

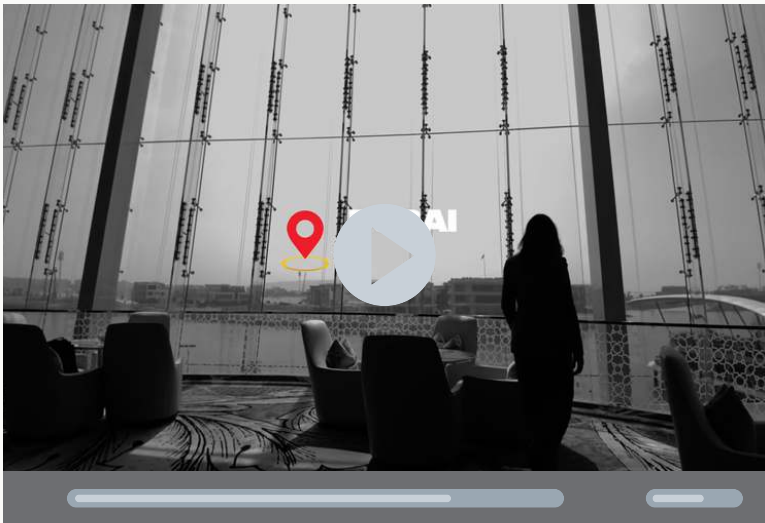
### Ideal For:

- Executive leadership teams and boards
- Transformation, operations, and strategy leaders
- Innovation, tech, customer, and digital teams
- Conferences (AI, future of work, emerging tech)

### Available for:

- 45 minute keynote
- 90 minute session
- Half/full-day workshops
- Virtual or in-person

# SPEAKING REELS



# TEDX SPEAKER

## THE MYTH OF DOING IT ALL (AND WHAT TO DO INSTEAD)



Suzanne's TEDx talk explores the hidden cost of doing too much and how leaders can refocus on what truly drives impact.



[Watch the TEDx Talk](#)



**20k+**  
LIKES

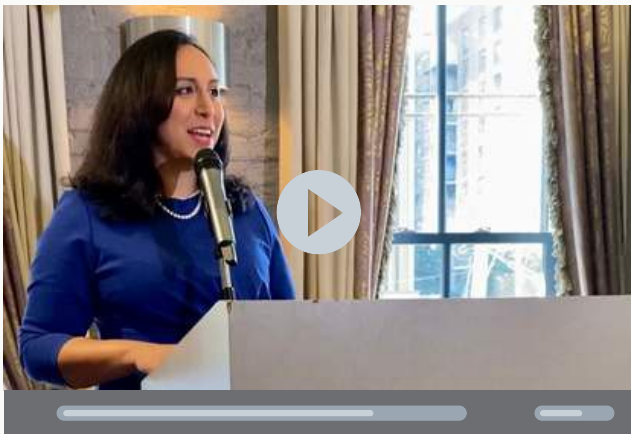
**300k+**  
VIEWS

# PRODUCTIVITY AND EFFICIENCY

## FEATURED TALKS

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### HOW TO EMBRACE AGILITY IN YOUR LIFE



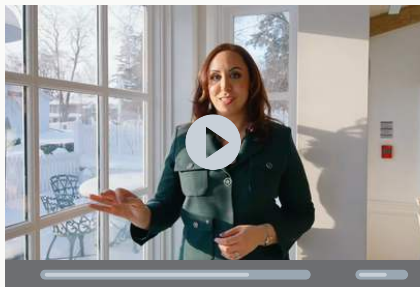
### NEXT TEN: MASTER YOUR TIME



### IS YOUR TEAM WORKING AT FULL SPEED?



### DELEGATION FOR LEADERS



### STOP WAITING FOR A FORMAL RESTRUCTURE

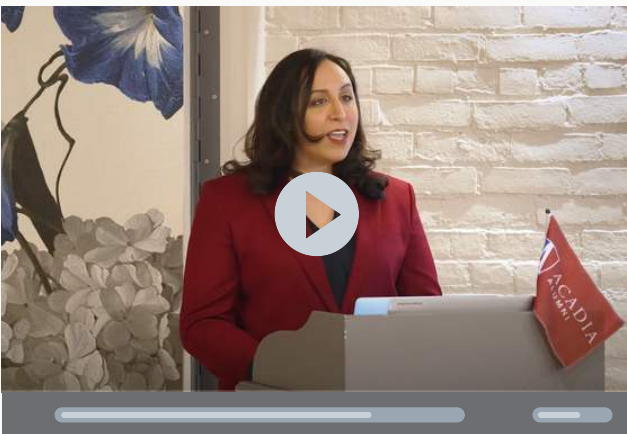


# LEADERSHIP AND CHANGE

## FEATURED TALKS

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### NEVER WASTE A GOOD CRISIS



### FORBES MIDDLE EAST PANEL



### SHE LEADS



### MEET THE EXPERTS



Meet the Experts | Suzanne Knight Talk at Association of Professional Speakers on When to Speak Up

# AI AND DIGITAL TRANSFORMATION

## FEATURED TALKS

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### GLOBAL AI AND RETAIL FORUM (KOREA)



### GLOBAL DIGITAL HR (DUBAI)



### ENERGY EVOLUTION



# PODCASTS & INTERVIEWS

PODCAST  
SPEAK YOUR MIND  
UNAPOLOGETICALLY

LEAD  
THROUGH  
CHANGE



SUZANNE KNIGHT,  
CEO & FOUNDER,  
MBOLDEN LTD.

THE  
LONGEST  
DAY

A WEEKLY LEADERSHIP PODCAST  
with WayFinders

IMPORTANT! DON'T FORGET

Episode 108

DEMOCRATIZING  
TRANSFORMATION

with special guest  
Suzanne Knight



THE LEADERSHIP MENTORS  
PODCAST

uniphore



EPIISODE  
#66

Suzanne  
Knight

COFFEE with  
CONVEYRY



When managing change you need  
to consider the human in the room

SPEAK YOUR MIND UNAPOLOGETICALLY PODCAST

Suzanne Knight, CEO &  
Founder, mBolden Ltd.



THE  
Lesley  
Hawkins  
PODCAST



Beyond  
the BEO

an event planner's podcast

WORK @ HOME  
Rockstar  
PODCAST



# WHAT PEOPLE ARE SAYING



*"Your presence and the insights you shared truly brought this platform to life, inspiring everyone in the room to think bigger, aim higher, and believe in the power of possibility. "*

**- CEO & Editor in Chief, Forbes Middle East**



*"You're such a pro!"*

**- Manager of Content, Skillsoft**



*"Your story and journey inspired everyone in the audience."*

**- Lead Organizer, TEDxEtobicoke**



*"We can't wait to work with her again!"*

**- Vice President of Sales and Marketing, Peter & Paul's**



*"Suzanne was an absolute pleasure to partner with."*

**- Product Marketing Leader, Uniphore**



*-It was fantastic having you as a keynote speaker at the PEI Business Summit!*

**-CEO, Junior Achievers Prince Edward Island**

# ABOUT SUZANNE KNIGHT

Suzanne Knight, MBA, MA is a keynote speaker + global consultant on a mission to help leaders and organizations turn complexity into clarity so they can thrive through change, unlock capacity, and deliver measurable results.

She has led Digital + Efficiency Transformation at Walmart Canada, advised executives in 14 countries, and co-founded Be Uninterrupted, a national advisory network for professional women.

When Fortune 500 companies, Governments, Forbes Middle East, and ChosunBiz, the largest media agency in Korea, want to make sense of complex change, AI, and the future of work, they call Suzanne.

She works with leadership teams worldwide to deliver talks and advisory support that blend sharp insight, global case studies, and relatable storytelling for immediate action.



# GET IN TOUCH

Book Suzanne to speak at your event, lead a workshop, or provide advisory support at:



[hello@mbolden.co](mailto:hello@mbolden.co)



[suzanneknight.com](http://suzanneknight.com)



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