SUZANNE KNIGHT

SPEAKER PROFILE



MAKING TRANSFORMATION MAKE SENSE

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.

Walmart Manulife EDC 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 FESTIVAL

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.

REESINK CANADA

URBAN SQUASH TORONTO

Huron UNIVERSITY

YORK UNIVERSITÉ UNIVERSITY

TRUSTED SPEAKER FOR:

Walmart
TD
Manulife
Deloitte.
Service Canada
Ontario
doctors of bc
British Columbia Medical Association
Peel Regional Police
SARC
expanding potential.
Huron University
Acadia University
Markham
Vaughan
York University
Urban Squash Toronto
uniphore
REESINK Canada
alectra energy solutions
ieso
Connecting Today. Powering Tomorrow.
MJMA
Architecture & Design
RECIPE
Est. 1883
Express Scripts
Metrolinx
skillsoft
Peter&Pauls hospitality group
tiff. toronto international film festival
Forbes Middle East
ChosunBiz
Elevate Festival
The Duke of Edinburgh's CSC Global Leaders Since 1956
NEXT TEN
Make It Count

TRUSTED ADVISOR FOR:

Walmart
GOWLING WLG
Ontario
Deloitte.
Export Barbados
EDC
REESINK Canada
Qualcomm
Metrolinx
workind
BKR Capital

ALIGNED AND ACCOUNTABLE

HOW LEADERS GET TEAMS MOVING AND RESULTS DELIVERED

CORE TALK | SUZANNE KNIGHT

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 going through 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.

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.

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



Watch the Keynote Speaking Reel



Watch the Keynote Demo Reel

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





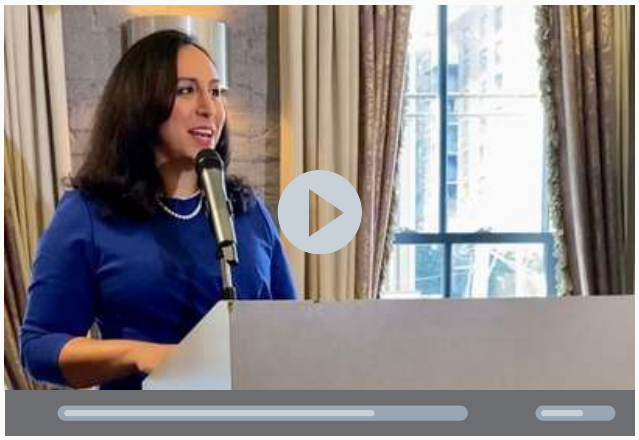
20k+
LIKES

300k+
VIEWS

PRODUCTIVITY AND EFFICIENCY

FEATURED TALKS

HOW TO EMBRACE AGILITY IN YOUR LIFE



NEXT TEN: MASTER YOUR TIME



IS YOUR TEAM WORKING AT FULL SPEED?



DELEGATION FOR LEADERS



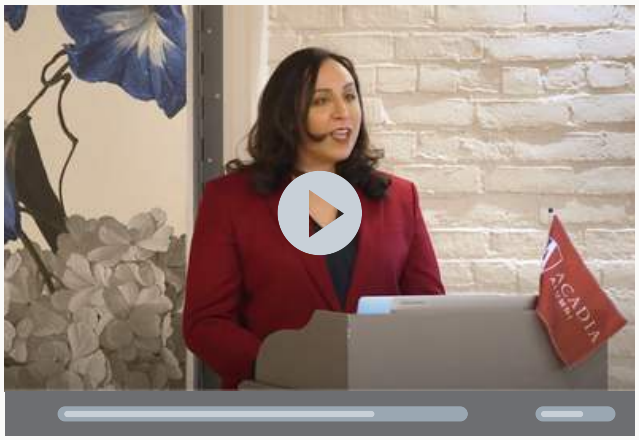
STOP WAITING FOR A FORMAL RESTRUCTURE



LEADERSHIP AND CHANGE

FEATURED TALKS

NEVER WASTE A GOOD CRISIS



FORBES MIDDLE EAST PANEL



SHE LEADS



MEET THE EXPERTS



AI AND DIGITAL TRANSFORMATION

FEATURED TALKS

GLOBAL AI AND RETAIL FORUM (KOREA)



GLOBAL DIGITAL HR (DUBAI)



ENERGY EVOLUTION



PODCASTS & INTERVIEWS



















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 founded mBolden,
the transformation consultancy she leads today.

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

suzanneknight.com

Book Suzanne

Based in Toronto, serving global audiences.

You will receive a response within 2 business days.



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