

Kelly McNelis

AUTHOR | TEACHER | CEO



MEET KELLY

Kelly McNelis is the CEO of **Kelly McNelis, LLC**, formerly **Women For One**, a global community empowering women to find their voices and make life happen on their own terms. With more than 30 years of experience as a speaker, coach, trainer, facilitator and small-business consultant, Kelly has inspired women worldwide to build meaningful relationships, strong communities, and the confidence to pursue their wildest dreams.

As an accomplished facilitator, Kelly supports women in leading lives grounded in authenticity and self-awareness. Her compassionate and relatable approach has helped thousands of women move beyond limiting beliefs and lead more confident and purposeful lives. Through her work, Kelly empowers women to step forward as effective leaders in their personal lives, professional environments, and communities.

Kelly's work reaches hundreds of organizations across a wide range of industries and audiences, including government agencies, youth-serving organizations, nonprofits, schools, community centers, and leadership-development cohorts. She delivers keynote presentations at local, national, and international conferences, facilitates strategic roundtable discussions for professional organizations, and leads curated discussion groups for emerging leaders. Kelly is also the creator of widely adopted **digital learning programs** designed to help women build more confident, engaged, and productive lives.

Kelly is a bestselling author of ***Your Messy Brilliance: 7 Tools for the Perfectly Imperfect Woman*** (Enrealment Press, 2017) and holds a Master's degree in Human Rights from the University of London (2025). Her work has been featured in national media, including *Entrepreneur* and *O, The Oprah Magazine*.

CORPORATE OFFERINGS

- Team collaboration and effectiveness
- Leadership development
- Navigating difficult workplace conversations
- Assertive communication training
- Performance management and employee engagement

"Kelly McNelis skillfully offers Curiosity, Awareness, and Acceptance to wake us up and get us excited about the road ahead. Intuition and Choice provide the nutrients to help us unpack our limiting beliefs and articulate our deepest desires."

—Cara Bradley, author of *On The Verge: Wake Up, Show Up, and Shine*

WORK WITH KELLY

As a business consultant, Kelly partners with organizations to move beyond one-size-fits-all solutions, identifying the specific strategies and structures needed to support a healthy, high-performing workplace. She and her team conduct comprehensive assessments and provide tailored recommendations to strengthen leadership capacity, develop innovative solutions, increase employee engagement and effectiveness, and address specific challenges and opportunities for growth.

POPULAR WORKSHOPS

HARD CONVERSATIONS TOOLKIT: YOUR GUIDE TO THOSE “CAN WE TALK” MOMENTS

What if you could say what you need to say every time without putting it off or holding it in? What if you had the power to turn conflict into an opportunity for connection and win-win solutions? In this workshop, participants learn how to have difficult conversations in a way that is generous, honest, effective, and direct. In the process, whether you are a team leader or support person, you'll experience increased employee engagement and job satisfaction; build a stronger, more collaborative and transparent work environment; and operate as an efficient team dedicated to your organizational goals.

YOUR MESSY BRILLIANCE®: RECLAIM YOUR POWER AND TRUTH

Life is messy—and this is actually a good thing! Dive into your messiness by releasing your imperfections and freeing yourself from a nasty case of the “shoulds”. This spirited interactive workshop offers participants powerful tools for reclaiming their brilliance and letting their messiness guide creative solutions and team-building. Outcomes include generating original, innovative ideas and solutions; developing fresh approaches to leadership and communication; and building team cohesion through fun activities.

SISTERHOOD AND THE POWER OF STORY

When women share their wisdom and stories with one another, they transform the world. This workshop offers exercises for vulnerable truth-telling, which creates the deep connections we need to move beyond our limiting beliefs and strengthen our bonds as women. Participants will also experience the power of women's mentorship, fostering an environment of collaboration, creativity, and shared leadership.

UPLIFT YOUR VOICE, BREAK THE SILENCE

There is power in numbers—and as women share their stories about the challenging issues that impact them, from sexual assault to gender inequality, without shame or self-silencing, we transform society one voice at a time. This workshop offers tools and a process for setting boundaries and supporting one another in addressing workplace disrespect and abuse effectively and compassionately.



CONNECT WITH KELLY

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