



# Lo Myrick

Peak Performance + Leadership Coach | Speaker

**I help leaders and teams improve performance and well-being with high-impact strategies.**

55

Presentations  
in 2024

25+

Sports-Industry  
Organizations

50+

Business  
Organizations

300

1:1 coaching  
sessions in  
2023 + 2024

## BIO

Lo Myrick is a Peak Performance & Leadership Coach, Speaker, and Consultant celebrated for her results in personal transformation, leadership development, business performance, and organizational culture. With over 15 years of experience across Fortune 10 corporations, startups, and global leadership roles, Lo's high-impact strategies and human-centered coaching have led to remarkable successes, including cost savings, increased productivity, revenue generation, and increased employee engagement.

Whether speaking in person or virtually, Lo engages, educates, and inspires with her high energy, enthusiasm, and charisma, blending peak performance psychology with data-driven strategies. She has transformed executive leaders, entrepreneurs, athletes, and organizations, fostering improved communication, strategic decision-making, wellness, and emotional intelligence.

## “Lo Myrick is ELITE!”

- Tim M., Sales Executive

“Lo has been such a **game-changer**”

- Will K., Entrepreneur

“My team raved about our Session with Lo!”

- Lindsey P., Sephora

## “100% Recommend”

- Megan S., NCAA Conference Associate Commissioner

“Lo's presentation was nothing short of outstanding! I firmly believe that Lo's keynote played a significant role in **exceeding our donation expectations** for the event.”

- Caralee M., Nonprofit Executive Director



## KEYNOTE TOPICS

- ✓ Peak Performance
- ✓ Leadership
- ✓ Women's Empowerment: Trailblazers & Transformations

## WORKSHOP TOPICS

- ✓ Peak Performance
- ✓ Leadership Development
- ✓ Mindset Mastery + Mental Skills
- ✓ Mental Health + Wellness
- ✓ Teambuilding + Culture
- ✓ Effective Communication & Navigating Difficult Conversations
- ✓ Public Speaking + Presentation Training

## SERVICES OFFERED

- 1:1 Executive Coaching
- Keynote Speaking
- Group Workshops
- Executive Retreats
- Consulting
- TV & Podcast Guest
- Moderating

## NOTABLE CLIENTS + FEATURES INCLUDE:



THE WALL STREET JOURNAL.



SEPHORA

