



**Colette Carlson**, founder of Speak Your Truth, Inc., is a human behavior expert, author and keynote speaker who inspires leaders and teams worldwide to strengthen behaviors that impact their relationships, resilience, and results.

With a master's in human behavior and twenty years of experience in the personal development field, Colette understands the psychology, mindset and skills required to thrive during times of uncertainty, ambiguity, and stress. She excels at developing leaders' social-emotional intelligence creating empathetic, inclusive environments where teams flourish.

She is a Certified Speaking Professional (CSP), and in 2017, Colette was inducted into the CPAE Speaker Hall Fame®, a lifetime award that honors professional speakers who have reached the top echelon of platform excellence.

Her articles on mindful communication, stress management, leadership and the power of connection have been featured in Success, Business Management Daily, and Working Mother magazines. Trusted clients include Microsoft, McKesson, Procter & Gamble and numerous hospitals and healthcare associations. Learn more at [www.ColetteCarlson.com](http://www.ColetteCarlson.com)