



The Band of Sisters

Who we are:

Executive level women. Decades of operating experience across 20+ industries. From large corporations to small start ups, in many male-dominated industries, and from the bottom rung to the C-suite and the Boardroom. Unparalleled insight into inclusive leadership and work culture.



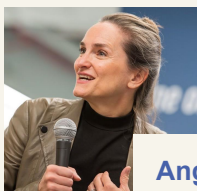
Cie Nicholson



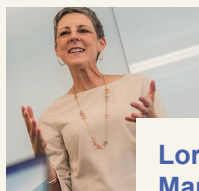
Mitzi Short



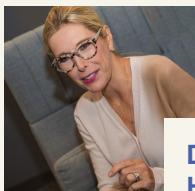
Katie Lacey



Angelique Bellmer Krembs



Lori Marcus



Dawn Hudson

The Band of Sisters breaks down the everyday actions that limit business success, and shows how to create a workplace culture where everyone thrives.

What we offer:

In our **unique “ensemble keynote,”** we focus on the micro moments – the little things you didn’t know mattered – and provide a range of perspectives - not “one size fits all” answers. Our work complements the academic research with decades of hands-on operating experience and real world examples. Our approach is designed to engage everyone through humor and storytelling – which we believe is the key to unlock action.

Target audience:

We speak to men and women, as **leaders and witnesses**, to turn everyday interactions into positive team dynamics. We are trusted voices to tell the truth about corporate culture and **make a difference in engagement and retention.**

The How to Guide For Effective Leaders

For attracting and retaining talented women, this is your playbook.”

Indra Nooyi
Former Chairman of PepsiCo

For male executive allies, they are an eye-opener.”

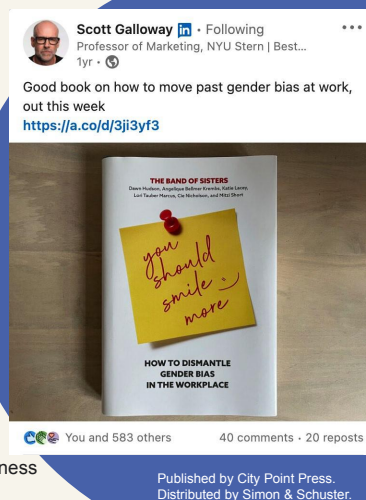
Mike White
Former CEO of DIRECTV

These sisters have the proven grit, influence and grace to change the game!”

Dr Ella Bell
Professor at Dartmouth’s Tuck School of Business

Make sure you aren’t making any of these mistakes unknowingly.”

Scott Galloway
New York Times bestselling author and entrepreneur



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The Band of Sisters

Speaking and Media Coverage



Our recent speaking audiences:



Our message of partnership and action has resonated across a wide range of industries:

Consumer Products • Legal • Financial Services • Manufacturing • Media • Creative Agencies • Government • Consulting • Executive Search • Business Schools • Sports • Insurance • Women's Forums • Pharma • Real Estate • Human Resources

The Band of Sisters

Testimonials



"The Sisters used the power of storytelling and humor to bring light and energy to this critical topic — and everyone (all genders, all levels!) came away feeling like they can take action."

– Lauren Hobart, President and CEO, DICK'S Sporting Goods

"The Band of Sisters led an outstanding and impactful discussion for our firm on International Women's Day. We especially appreciated their inclusive approach, personal stories and experiences, and effective practical advice and strategies for dismantling gender bias in the workplace. The session made a lasting impression on our community."

– Scott D. Miller, Partner and Co-Chair, Sullivan & Cromwell

"In front of 1,500 participants, the Band of Sisters took a very serious subject and talked about it in an entertaining, truthful, and relatable way. The session they participated in was thought-provoking & provided great prompts that I hope our leaders & teams will take away & use."

– Robert Perkins, SVP, Chief Global Diversity and Inclusion Officer, Mondelēz International

"The Band of Sisters shared relatable stories and practical advice with our team in a way that truly resonated with everyone. The way they include men in the conversation makes them even more impactful. They deliver important information in an entertaining way so that you leave the session feeling positive and energized."

– David Hammer, CFO, Orangetheory Fitness

"What incredible energy! The Band of Sisters knocked it out of the park, delivering a keynote session for our Women's Networking Forum that had the whole room buzzing. Their unique style and undeniable chemistry created a truly memorable highlight in our event."

– Benji Baer, Chief Marketing Officer, CBRE



Our Topics

Keynote on Leadership and Workplace Culture:

- **You Should Smile More - Practical Solutions for Creating a Productive Workplace Culture**. Our signature ensemble keynote (3-5 speakers). We tell compelling stories and focus on practical tools for leaders and witnesses.

Deep Dive Seminars:

- **The Language of High-Performing Teams**. Unconscious bias shows up in hallway chatter and hiring convos. We'll help you spot it—and swap it—for clarity, consistency, and leadership that lands.
- **Mentors & Sponsors: The Critical Success Factor**. Mentors speak *with* you. Sponsors speak *for* you, in rooms you're not in. This session helps you find both (and be both).
- **The Unwritten Rules of Work**. Who takes the notes? Who gets the credit? Decode the dynamics and start rewriting the rules.
- **Nailing Performance Reviews**. For managers *and* employees, this session gives everyone the skills to have fair, actionable, future-focused conversations that actually go somewhere.

Fireside Chat or Panel: Any Sister interviewed by sponsor company/organization on any of the above topics.

Frequently Asked Questions

What is an "ensemble keynote"?

- We use 2-4 speakers to present our thesis and bring it to life through stories and action.
- We tailor the size of our group to match the event context.
- Our session is choreographed to leverage our team chemistry and is even more engaging than a single keynote speaker.

How would you describe your tone?

- Our tone is positive and fully inclusive - where some might call men out, we believe it is more productive to "call them in" to this conversation.

Can the sessions be interactive?

- Yes! We love live Q&A! This works for both in-person and virtual sessions. We usually plan at least 15 mins for Q&A.

Are you available for both virtual and in-person events?

- Yes! Our virtual forums have had great engagement and allow us to reach a dispersed group effectively, while the energy and interaction from in-person and hybrid events is powerful.

Does the audience need to read your book in advance?

- No. We assume our audience has not (yet) read our book, but our content works well either way.

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AND JOIN

