



Liza Pavlakos

Survivor, a self-made entrepreneur, author, philanthropist, human rights supporter and an in-demand motivational speaker

Liza Pavlakos is a successful entrepreneur and a powerful speaker who has inspired over 100,000 audiences across six continents. Founder of Positive Breakthroughs, she is a qualified psychotherapist and transformational executive coach empowering others to succeed in the face of adversity.

Liza's biography

About Liza Pavlakos

Her life story is a narrative of grit and gravitas, a tale of one woman's journey of overcoming the impossible adversities and triumphing against all odds, [inspiring](#) others to thrive.

Liza is best known as an inspirational force for [leadership](#), [team building](#), and performance. Her heartfelt keynotes have led Liza to be recognised as **Top 10 Female Speakers in the World for 2020**. She has also been recognized as a thought leader in empowerment on CNN and other media outlets around the world.

Winner of the **Super Achievement Award** from The Women's World Leadership Congress and **People Choice of Excellence Award** from the HR Congress and Asia HRD Summit, she has motivated countless teams from Fortune 500 companies, including The Coca-Cola Company, Marriott International, AON Insurance company, among many others.

When the challenges are insurmountable, the goals audacious, and the competition intense, Liza gives individuals and organisations the tools they need to push through to beyond survival and thrive in the face of challenges.

Liza's talks

- **Becoming by Overcoming**

- **Staying resilient in times of uncertainty.**

- In this keynote presentation, Liza imparts her knowledge on thriving in the most challenging environments by mastering adversity and embracing the idea of possibilities and hidden opportunities.

- Through her soulful storytelling, Liza shares how to thrive in the most agonising circumstances by pushing past mental and physical barriers and exploring your natural inner strength. Liza shows her audiences how conviction, mixed with determination, perseverance, and an incredible amount of hard work, leads to success.

- Liza will inspire your audience to leave a legacy of kindness, which has the power to change the world.

- **Beyond Survival**

- **Embracing Life, Embracing Change.**

- With her unique life story and incredible storytelling, Liza takes her audience on a rollercoaster ride of emotions. Her keynotes inspire audiences to adapt and thrive in uncertain times; and discover their latent potential by harnessing self-love. She talks about viewing obstacles as opportunities, and pushing through beyond survival by embracing life and harnessing change.

- **What's Your Narrative**

- **Discover the power of your story.**

- In this keynote presentation, Liza shares her ideas on how to stand in your power in the most challenging times of your life, sharing her journey of what our human spirit is truly capable of by **“controlling the controllable”**.

- Her talk aims to lend inspiration to anyone facing a challenge, while imparting useful insight on how to discover the psychological power of your story. Learn how to overcome even the most daunting impediments by taking action while adapting in uncertain situations.