

S P E A K E R K I T

Amanda Lentz

Keynote Speaker · Podcast Host · HR Business Partner

Who We Become — Life Beyond Change

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Change is inevitable. Becoming is intentional.

SPEAKER BIOGRAPHY

Amanda Lentz

Amanda Lentz is a keynote speaker and podcast host whose work sits at the intersection of organizational psychology, adult learning, and the lived experience of navigating change.

She holds an M.S. in Organizational Psychology, an M.Ed in Training & Development from NC State University, and an MBA from East Carolina University — and spent nearly a decade within HR at Biogen and CSL, helping organizations support their people through disruption, transition, and growth.

Then she was diagnosed with breast cancer at 34 — mid-career, mid-build, always the youngest in the room and never quite fitting the available category. What followed was not just a medical journey but a profound identity disruption: the professional self and the physical self, interrupted simultaneously, with no ready-made map for either.

She turned that experience into a body of work. The podcast *Who We Become* explores life after disruption — the season after the crisis, when the calendar empties and the hard work of rebuilding a self begins. Her keynote platform speaks to a gap that survivorship culture has named but rarely addressed honestly: what happens to identity, confidence, and sense of self in the aftermath of change — any change.

Her talks are specific, honest, and built for the people in the gaps: leaders navigating organizational transformation, teams carrying invisible weight after disruption, and anyone who has faced a life-altering change that didn't come with a map. Her work brings research and reality into the same room.

CREDENTIALS & BACKGROUND

<p>M.S.</p> <p>Organizational Psychology</p> <p><i>George Mason University</i></p> <p>Research backbone of every talk — the science behind the story.</p>	<p>M.Ed</p> <p>Training & Development</p> <p><i>NC State University</i></p> <p>Adult learning design — knowing how to teach it, not just know it.</p>	<p>MBA</p> <p>Business Administration</p> <p><i>East Carolina University</i></p> <p>Organizational context — audiences are people inside companies and systems.</p>	<p>10+</p> <p>HR Roles</p> <p><i>Biogen & CSL</i></p> <p>A decade of supporting teams through change.</p>
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KEYNOTE TOPICS

Five talks. One through line.

Each talk is a different entry point into the same territory — what happens to people when change rewrites everything, and what it takes to become someone new on the other side.

01

CHANGE & LEADERSHIP

Change Is Inevitable. Becoming Is Intentional.

For leaders and organizations navigating transformation

Most change management keynotes give people a framework. This one gives them language for what the framework misses — the identity disruption, the confidence gap, and the psychological reality of what it takes to not just survive organizational change but become someone capable of leading through it. Drawing on organizational psychology research and the lived experience of navigating major change mid-career, this talk helps leaders understand what their people are going through — and gives everyone in the room language to name it.

AUDIENCE TAKEAWAYS

- A framework for the identity disruption that happens during organizational change — not just the process disruption
- Language to normalize the disorientation their teams are experiencing
- Practical tools for supporting people through the in-between, not just the transition

BEST FOR

Leadership conferences · HR & L&D summits · SHRM events · Corporate all-hands · Organizations mid-transformation

02

SURVIVORSHIP & HEALTHCARE

The In-Between

For audiences who survived — and discovered no one had a map

What do you do when your crisis doesn't fit the available category — when you're too young or too old, always somewhere in between? This talk is for the person building a framework for territory that had no name. Everyone celebrates the all clear. Nobody prepares you for what comes next. When the calendar empties and the casseroles stop coming, you're standing in a life that's supposed to feel like normal — except it doesn't. This is the talk every survivor needed, and nobody gave them.

AUDIENCE TAKEAWAYS

- A name for the experience of living in the in-between — and relief that they're not alone in it
- A reframe of “the all clear” that reduces the isolation and confusion of survivorship
- A framework for rebuilding identity when the version of yourself before no longer fits

BEST FOR

Survivorship conferences · Healthcare events · Oncology & patient advocacy organizations · Women's health events

03

WOMEN'S EVENTS

Both at Once

For audiences holding grief and gratitude — and the pressure to only show one

You can be grateful and grieving at the same time. This talk refuses the clean recovery arc and makes space for both. The world already knows how to hold the gratitude side of your story. This talk is for the part that doesn't fit the narrative — the grief, the loss, the anger that sits right alongside the relief. For anyone who has ever felt the pressure to perform resilience rather than live it.

AUDIENCE TAKEAWAYS

- Relief that the complexity of what they're feeling is not a failure of gratitude
- Tools for holding grief and gratitude simultaneously without minimizing either
- A framework they can bring back to their teams, families, and communities

BEST FOR

Women's leadership conferences · Corporate wellness · Healthcare audiences · ERG events

04

CORPORATE & HR

What Your People Are Carrying

For organizations ready to understand what invisible weight costs

After restructuring, a pandemic, layoffs, or collective disruption, teams carry invisible weight that affects everything — performance, trust, collaboration, and the simple ability to show up. This talk gives leaders the language and framework to understand what their people are navigating, and what organizations can do about it. Grounded in organizational psychology and the real experience of supporting people through change inside major organizations.

AUDIENCE TAKEAWAYS

- Language for the psychological reality of what teams carry after collective disruption
- A framework for building cultures that hold human complexity alongside performance
- Practical approaches for managers supporting people through the in-between

BEST FOR

HR leadership events · Corporate wellness programs · L&D conferences · Post-restructure all-hands

05

SURVIVORSHIP & PATIENT ADVOCACY

The Body You Didn't Choose

For survivorship audiences navigating body identity after treatment

Treatment changes your body in ways the medical team prepares you for — and ways they don't. This talk addresses the identity work that happens after: rebuilding a relationship with a body that changed without your permission, and reclaiming the internal authority to say "I know what I need." Offers a different goal than the body acceptance narrative — body peace: an honest, non-warring relationship with the version that survived.

AUDIENCE TAKEAWAYS

- Honest naming of the post-treatment body image experience
- The distinction between body acceptance and body peace
- A reframe that centers survivorship rather than aesthetics

BEST FOR Survivorship & women's health conferences · Oncology audiences · Patient advocacy organizations

AUDIENCES & FORMATS

Right audience. Right room. Right talk.

WHO AMANDA SPEAKS TO

AUDIENCE	WHY AMANDA FITS	BEST TALK
Survivorship & cancer conferences	Personal authority + psychology grounding	Navigating the After / The In-Between
Corporate & leadership events	I/O psychology + HRBP experience + lived authority	Change Is Inevitable / What Your People Are Carrying
HR & L&D conferences	M.S. Org Psychology + decade as HRBP + real org experience	Change Is Inevitable / What Your People Are Carrying
Women's leadership events	Reframes resilience beyond the "grateful survivor"	Both at Once / The In-Between
Healthcare & oncology audiences	Patient perspective on experiences they witness daily	The Body You Didn't Choose / Both at Once
Patient advocacy organizations	Community for people between categories	Any talk

TALK FORMATS

Change is inevitable. Becoming is intentional.

<p>Featured Keynote <i>45–60 min</i></p> <p>Full narrative arc with Q&A. Ideal for conference main stage and centerpiece programming.</p>	<p>Breakout Session <i>25–30 min</i></p> <p>High-impact format for breakout tracks. Can include facilitated discussion.</p>	<p>Fireside Chat <i>Flexible</i></p> <p>Conversational. Ideal for intimate gatherings or follow-up to a general session.</p>	<p>Live Podcast Event <i>60 min + Q&A</i></p> <p>Live recorded episode of Who We Become. Works especially well for healthcare & advocacy events.</p>	<p>Panel <i>60–90 min</i></p> <p>Panelist or moderator. Brings personal authority and research-backed perspective.</p>
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TECHNICAL & LOGISTICS

- Wireless lavalier or handheld microphone
- Laptop-compatible projector or screen (slides provided for keynotes)
- 30-minute pre-event coordination call for tailored content delivery
- Available for in-person and virtual engagements
- Travel from Apex, NC — details provided upon inquiry
- All talks customized in advance for your specific audience

BOOKING & CONTACT

Ready to bring this conversation into the room?

Amanda is currently booking keynotes and live podcast events for 2026. All inquiries are responded to within 48 business hours. Fees vary by event type, format, and travel. Nonprofit and patient advocacy rates are available.

CONTACT

<p>WEBSITE www.amandalentz.com</p>	<p>EMAIL amanda@amandalentz.com</p>	<p>INSTAGRAM @lifebeyondchange</p>	<p>LINKEDIN Amanda Lentz MBA, M.Ed</p>
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SPEAKER FEES

Speaking fees vary by event type, format, and travel requirements. Nonprofit and patient advocacy rates are available — please mention when inquiring.

THE PODCAST

Who We Become — Life Beyond Change

Real conversations about identity, resilience, and the space after change. New episodes every Monday. Available on Apple Podcasts, Spotify, Amazon Music, YouTube, and wherever you listen.

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