



Shawnette Rochelle

**SPEAKER & CERTIFIED  
EXECUTIVE COACH**



Every individual has unlimited potential to transform our world. But, those who successfully bring their visions to life understand a fundamental truth:

**DISRUPTING THE STATUS QUO  
BEGINS WITH DISRUPTING YOURSELF!**

Shawnette Rochelle helps visionary executives, emerging disruptors, and social entrepreneurs take on the complex challenges of the 21st century by becoming better leaders of themselves. An engaging and inspirational speaker, Shawnette turns the lens inward for audiences

with presentations that spark action. With practical tools for self-discovery and critical thinking, Shawnette motivates and empowers audiences to unlock their unbounded potential for excellence and drive transformative change.

## PRESENTATION TOPICS

Shawnette's presentations focus on the crucial leadership capacities that enable people to drive innovation and change. Participants leave with a new framework, questions, and tools for exploring the mindsets and paradigms that shape how they lead themselves and others.

- > *Innovation: What's Holding You Back?*
- > *Mindset and the Power of Acceptance*
- > *Cultivate the Courage to Navigate Change*
- > *Resilience in the Face of Adversity*
- > *Keys to Emotional Self-Regulation*
- > *How Detachment Empowers Leaders*

**¡Ella habla  
español con  
fluidez!**

Shawnette also offers engagements in Spanish, with talks that focus on the power of mindset.

- > *Mentalidad y Resiliencia: El poder del Sí, y...*
- > *Mentalidad y el Poder de la Aceptación*

## IDEAL AUDIENCES

Shawnette connects best with paradigm-breakers who are committed to making an impact and open to self-discovery as a path to driving positive change.

## HER PRESENTATIONS ARE PERFECT FOR:

- > *Early-stage social entrepreneurs*
- > *Startup incubators and accelerators*
- > *Social entrepreneurs and ESG-focused executives*

## WHAT ATTENDEES SAY

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*"Shawnette's speech was superb. We had over 150 people learn about the power of detachment. Quotes from participants included "transformative," "this is really going to help me," and "so inspiring." Personally, I can't wait to try out this new perspective.*

– Megan Oxman, Head of EU Credit Payment Products, Amazon

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*"There are a lot of leadership coaches and training sessions. Shawnette's work differs in that you walk away feeling energized because she focuses on bite-sized topics and provides ways to implement immediately for results."*

– Rosemary Herhold, Divisional ACOO, Duke Health Technology Solutions

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*"As always, Shawnette delivers and leaves you with an Aha! moment."*

– Ekiti Lowe, Director of Finance

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*"I left empowered that I can apply concepts to promote positive change in my organization."*

– Sean W., Communications Manager

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*"Shawnette gave me insight in training that I didn't realize I needed! I learned how connected my body is to my everyday thinking."*

– LaDonna Worrell, Sr. Director, Duke Health Technology Solutions



### MEET SHAWNETTE ROCHELLE

The founder of Excellence Unbounded, Shawnette is committed to helping aspirational leaders unlock their limitless potential to drive positive change. As a certified executive coach and retired U.S. Army Lieutenant Colonel, Shawnette has more than 20 years of experience leading and coaching high-performance individuals, teams, and organizations. Being an insatiable world traveler gives her a unique perspective and the cultural sensitivities to serve clients of all backgrounds.

Shawnette graduated with a B.S. from the United States Military Academy at West Point and holds an MBA from The Wharton School of the University of Pennsylvania. She is also a certified executive coach from the Georgetown Leadership Coaching program and an Associate Certified Coach from the International Coaching Federation.

Fluent in Spanish, Shawnette holds a Diploma de Español Como Lengua Extranjera (DELE), Level C1, issued by Spain's Instituto Cervantes on behalf of the Spanish Ministry of Education and Science.

*Book Shawnette Today!*

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