

Beth Wonson

Executive Advisor | Speaker | Author | Coach | CEO



Media Kit 2025



About Beth Wonson

Beth Wonson is a trusted Executive Advisor and Communication Expert who specializes in high-stakes communication and transforming organizations.

Beth partners with Fortune 500 companies, nonprofits, government agencies, and schools to turn challenges and difficult conversations into catalysts for growth. Beth's work incorporates her proven framework, Navigating Challenging Dialogue® (NCD) and her extensive leadership experience as CEO, COO, Executive Director, and Board Member.

Beth works alongside leaders and teams to master essential behaviors and skills that drive accountability, improve retention, and strengthen culture — *especially when stakes are high and emotions run deep.*

Beth's strategies, wisdom, and frameworks come from her personal journey transforming her own leadership through improved communication and relationship building.

Beth has published two books bringing her research-backed tools and frameworks to organizations ready to build lasting change in workplace leadership and culture.

Beth advocates for leaders who:

- demonstrate courage and skillfulness while navigating disagreement with curiosity,
- practice genuine empathy
- focus on collective success when facing complex challenges.



Testimonial

“Beth is a speaker who will take the stage and instantly have the audience leaning in—not because she is flashy, but because she is real. She has a rare ability to connect on a deeply personal level without ever veering into the overly polished or predictable. She brings thoughtful stories, sharp insights, and a presence grounded in a quiet authority that makes you want to listen.

What impressed me most about Beth was how fluidly she is able to weave a beautifully vulnerable message together while being flexible enough to meet the needs of the room. I’m excited to see Beth step onto bigger stages, and I’d recommend her in a heartbeat to anyone looking for a speaker who can truly move a room.”

– Eunice Brownlee, Writer, Speaker, Activist

Beth is on a mission to empower leaders and teams.

Difficult conversations are transformed into trust-building opportunities that strengthen collaboration, increase engagement, and retain top talent—enabling your organization to focus on what it does best.

Beth envisions a world where every workplace conversation becomes a catalyst for connection, innovation, and shared success.

“ Until we learn to listen with curiosity, build empathy, and focus on the good of the whole when having tough conversations, we will not be able to move the needle on our most complex challenges both at work and at home.

– Beth Wonson



Hire Beth Wonson as a Keynote Speaker or Panelist

Beth Wonson delivers research-backed communication strategies that stick. With over 20 years of experience captivating audiences both virtually and in-person, she combines cutting-edge neuroscience research with practical tools which are immediately applicable.

Her presentations are funny, direct, and deeply relevant—packed with real-life applications, transferable skills, and genuine compassion. Beth doesn't just inform; she inspires lasting change in how people connect and communicate.

Every event is custom-tailored to your audience, goals, and event themes.

Sample Beth Wonson Keynotes

The Three-Second Fix: How to Stop Being the Person Everyone Avoids

We all know that person—too valuable to fire, but their behavior drives others away. What if that's you? Beth shares her transformation from avoided leader to sought-after mentor, revealing the neuroscience of difficult conversations and 8 mantras that rewire your responses. Learn how a three-second pause can transform relationships and drive extraordinary results through authentic connection.

From Conflict to Connection: The Leadership Game-Changer

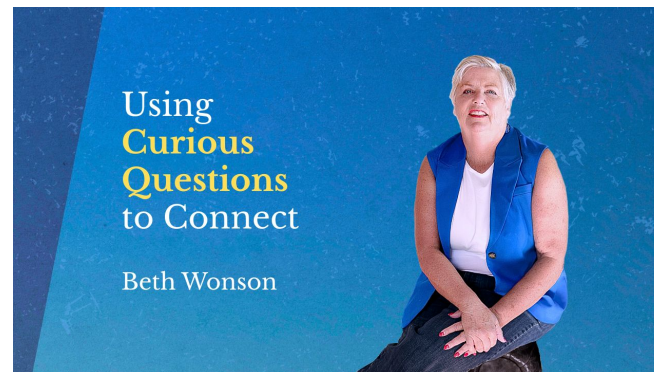
When difficult conversations derail teams and stall progress, leaders need more than good intentions — they need proven strategies. Beth's revolutionary *Navigating Challenging Dialogue®* method has empowered hundreds of leaders turn workplace tension into collaborative breakthroughs. Discover how to communicate with courage, curiosity, and clarity, transforming conflict into competitive advantage.

Courage Under Fire: Leading Boldly in Uncertain Times

The next decade belongs to leaders who can navigate uncertainty with courage and inspire others to follow. Beth combines compelling real-world stories with actionable strategies that help leaders at every level tap into their authentic power. You'll leave with concrete tools for fostering collaboration, making tough decisions with integrity, and leading with confidence even when the path forward isn't clear.

Speaker Reels

Full Showcase: BethWonson.com/reels



Opportunities for Engagement

KEYNOTES | CONFERENCES | PANELS | WORKSHOPS | TV SPOTS | INTERVIEWS

Speaking & Podcasts

Beth doesn't just inform, she inspires lasting change by sharing real-life experiences showcasing how people connect and communicate even when facing unprecedented challenges. Funny and direct, Beth demonstrates how she and her clients use difficult conversations as catalysts for connection, innovation, and shared success

Support for the Workplace

By providing leadership development, executive coaching, and workshops Beth helps clients transform workplace tensions into collaborative breakthroughs. She's empowered hundreds of leaders to use curiosity and proven leadership frameworks to navigate their unique challenges and dynamics.

Executive & Strategic Advisor

As an Executive Advisor providing facilitated strategic planning, leadership advice, and board development, Beth helps organizations build sustainable cultures where difficult conversations become catalysts for alignment, innovation, and success in service of their mission.

Testimonial

“As a funder, we’ve engaged Beth Wonson to support several of our nonprofit partners, and the results have been consistently impressive. Beth brings a unique ability to uncover root causes, guide teams through difficult conversations, and help organizations implement lasting, positive change. We’ve seen firsthand how her work strengthens leadership, aligns teams, and accelerates mission impact.”

– Randy Gray, Director of Community Investments, Must! Charities

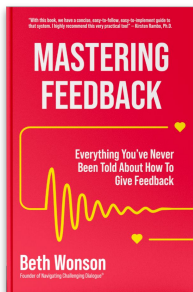
Career Highlights

Beth's Books



Turn This Conversation Around:

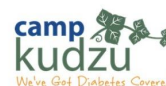
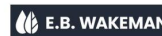
The 4-Stage Process for Communication with Connection



Mastering Feedback:

Everything You've Never Been Told About How to Give Feedback

Executive Advisor, Coach, Facilitator



Let's Talk!



BethWonson.com/beth



support@bethwonson.com



916-436-5299



<http://linkedin.com/in/bethwonson>

