

KIMBERLY D. HIGHTOWER

SPEAKER · AUTHOR · LEADERSHIP STRATEGIST · MILITARY SPOUSE ADVOCATE

Helping people carry less, lead better, and live with purpose.

EMPOWEREDXCELLENCE.ORG

MEET KIMBERLY

Science, strategy *& soul.*

Kimberly D. Hightower is an executive leadership consultant, author, public speaker, and a devoted military spouse. As Founder & CEO of Empowered Excellence Firm, she equips leaders, organizations, and communities to move from surviving to leading.

Her work sits at the rare intersection of industrial-organizational psychology and lived experience. She holds a B.S. in Psychology (Cum Laude) and an M.S. in Industrial-Organizational Psychology (Summa Cum Laude), and is a certified NLP Practitioner, Emotional Intelligence Coach, and Suicide Prevention Professional.

Kimberly speaks with the authority of research and the warmth of someone who has walked through loss and rebuilt on purpose — guiding women and individuals to transform trauma and grief into purpose. Alongside her husband, she funds scholarships for students in Sierra Leone, West Africa, carrying her mission of empowered excellence across the world.

THE MISSION

To remind every person she reaches that they were never meant to carry it all — and to give them the tools to lead, heal, and rise.



SIGNATURE KEYNOTES

Talks that move rooms.

Every keynote is research-grounded, story-driven, and fully customizable to your audience and outcomes.

01

Carried: Leading Through Every Season

Resilience, grief, and the strength found in surrender — for leaders and teams navigating change and uncertainty.

TAKEAWAY

Lead through pressure without losing yourself.

02

The Empowered Woman

Confidence, voice, and authority for women rising into leadership and claiming the rooms they belong in.

TAKEAWAY

Own your voice and lead with conviction.

03

Emotional Intelligence at the Top

How self-awareness and regulation separate good leaders from great ones — the psychology of executive presence.

TAKEAWAY

Practical EQ habits leaders apply immediately.

04

High-Performance Under Pressure

Sustaining excellence without burning out — the science of endurance for high-stakes teams.

TAKEAWAY

Perform at your peak, protect your wellbeing.

05

Culture That Retains

Building organizations where people feel seen, valued, and driven to stay and contribute their best.

TAKEAWAY

Strategies that lift engagement and retention.

06

From Trauma to Triumph

A framework for turning pain into purpose — available for faith-based and secular audiences alike.

TAKEAWAY

Transform setbacks into a source of strength.

AVAILABLE AS KEYNOTES · BREAKOUTS · WORKSHOPS · HALF & FULL-DAY INTENSIVES

WHY ORGANIZATIONS BOOK KIMBERLY

Depth you can trust. Delivery *they remember.*

- **Leadership & Organizational Transformation**
  Systems and strategy that move cultures, not just moments.
- **Resilience & Employee Wellbeing**
  Evidence-based tools for teams under real pressure.
- **Women's Leadership**
  Confidence, voice, and advancement for rising leaders.
- **Industrial-Organizational Psychology**
  The science of people, performance, and behavior at work.
- **Military & Veteran Family Experience**
  Authentic authority earned through lived service.
- **Purpose-Driven & Executive Communication**
  Clarity that aligns people around what matters.



“Every challenge you’ve survived has positioned you to help someone else.”

AUDIENCE OUTCOMES

What your audience *walks away with.*

ATTENDEES LEAVE

- Renewed clarity, confidence, and purpose
- Language for what they've carried in silence
- A practical next step they can take today
- Permission to lead as their whole self

LEADERS IMPLEMENT

- Emotional-intelligence habits that stick
- Frameworks for resilient, human leadership
- Communication that aligns and motivates
- Wellbeing practices that prevent burnout

ORGANIZATIONS GAIN

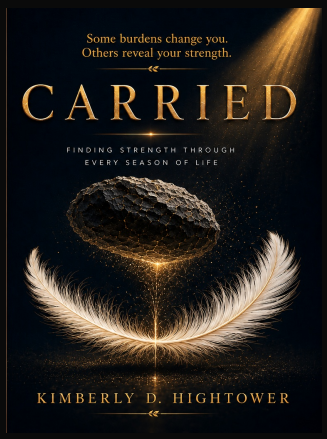
- Stronger engagement and retention
- Healthier, more connected culture
- Leaders equipped for change and pressure
- A measurable lift in morale and trust

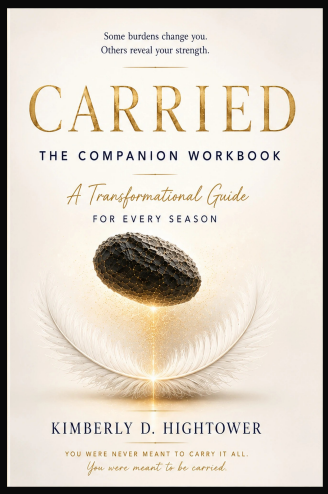
TRANSFORMATION THAT OUTLASTS THE ROOM

Insight becomes action. Action becomes lasting change.

BOOKS · PROGRAMS · RESOURCES

A body of work that carries.





CARRIED

The honest story of finding strength through every season — and the companion workbook that turns the message into transformation.

STILL STANDING IN COMBAT BOOTS

A community and resource platform serving military and veteran spouses who hold the homefront.

PROGRAMS & ENGAGEMENTS

- Executive & Leadership Coaching
- Leadership Development Programs
- Women's Conferences & Retreats
- Corporate Consulting
- Executive Workshops & Intensives
- Professional Development Series

WHAT PEOPLE ARE SAYING

The impact, in their words.

“

She didn't just guide me through that season — she pulled me into a new version of myself. I stand taller. I lead with confidence.

TEMECO BUFORD
Coaching Client

“

In some of my darkest moments, Kimberly became my lifeline. She helped me breathe again, think clearly again, and reclaim pieces of myself I thought I had lost.

TAKISHA JOHNSON-CHAMBERS
Program Participant

“

She reminded me that if I didn't like the story I was living, I had the power to change it.

FELICIA LOCKETT
Community Member

ADDITIONAL EXECUTIVE & CONFERENCE-ORGANIZER REFERENCES AVAILABLE ON REQUEST

MEDIA KIT

Photography & brand assets.







INCLUDED IN THIS KIT

- High-resolution headshots & lifestyle images
- Approved logos & brand marks
- Executive biography (short & long form)
- Signature topics & one-sheet

SCAN FOR FULL MEDIA LIBRARY

empoweredxcellence.org

BOOKING KIMBERLY

Bring her to your *stage or team.*

IDEAL AUDIENCES

- Corporate & Enterprise
- Leadership Summits
- Government Agencies
- Military & Veteran Events
- Women's Conferences
- Universities
- Healthcare Organizations
- Faith-Based Organizations
- Executive Retreats
- Association Conferences

FORMATS

- Keynotes
- Breakout Sessions
- Workshops & Intensives
- Panels & Moderation
- Fireside Chats
- Virtual · In-Person · International

TRAVELS FROM

Houston, Texas · Nationwide & select international

THE BOOKING PROCESS

1 Inquire
Share your event, date & goals

2 Align
Customize topic & format together

3 Confirm
Lock the date & logistics

4 Deliver
An unforgettable experience

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KH

You Were Never Meant *to Carry It All.*

Let's create an unforgettable experience for your audience — one that sends every person home carrying less and leading better.

BOOK KIMBERLY

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FAITH · PURPOSE · IMPACT