

VANESSA LODER



Keynote Speaker High Performing Leadership Facilitator

Vanessa Loder is a Stanford MBA acclaimed keynote speaker and sought-after facilitator who works with high performing teams on visioning, stress management, mindfulness, owning your inner game, and sustainable success. Vanessa's work has been featured in Forbes, Fast Company, CBS Nashville, Fox Chicago, the Huffington Post and Glamour magazine. Her guided meditations have been streamed over 1 million times around the globe. Vanessa's [Tedx talk](#) "How To Lean In Without Burning Out" has over 155,000 views. Loder is the author of [*The Soul Solution: A Guide for Brilliant, Overwhelmed Women to Quiet the Noise, Find Their Superpower and \(Finally\) Feel Satisfied*](#), released in Fall 2022.

In her previous life, Loder was a successful private equity investor who advised fast growing companies. She is a self-described over-achiever whose unfulfilling experience left her burned out, exhausted and eager to find another way.

After spending close to a decade working in finance on Wall Street and in Silicon Valley, Vanessa felt that she had climbed to the top of the wrong ladder! Her personal transformation, subsequent research and work have led to thousands of high performing leaders creating success in an easier way.

Vanessa has worked with high performing teams and leaders at AirBnb, Bain & Co, Castlight Health, Charles Schwab, Cisco, Dreamforce, Flextronics, Goldman Sachs, Google, LinkedIn, Mattel, Orrick, Herrington & Sutcliffe, PA Conference for Women, PG&E, PwC, Salesforce, Sheppard Mullin, StubHub!, Tedx, The Dailey Method, The North Face, The Stanford Graduate School of Business, Stanford MSx, ThoughtSpot, Uber, Upwork, Watermark, Women in Private Equity and many other organizations.

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Vanessa received her MBA from Stanford University and her BA in Economics from Columbia University where she graduated Phi Beta Kappa, Summa Cum Laude. Loder is certified as an Executive Coach by the Hendricks Institute and trained in Neuro-Linguistic Programming (NLP) by Carl Buchheit at NLP Marin.

Vanessa currently lives in Lafayette, CA with her husband and two children, who remind her to take “mommy time-outs” when she’s about to lose her marbles.

Hear what others are saying:

“Over the last 10 years at Google, myself and my team have attended hundreds of hours of corporate trainings. When I saw what Vanessa did differently, and heard about her other Fortune 500 clients that have had tremendous success, I knew I had to hire her to bring something unique. Vanessa and I worked hand in hand to create a customized plan for my team, based on their specific needs and personalities. I have never gotten such positive feedback from Googlers before. I will hire Vanessa again hands down.”

- Katie Rottier, Head of Industry/Retail - Google

“We brought Vanessa in as a keynote speaker at Beyond, our very first customer conference, because we wanted to do something different to add value for our attendees. I’ve never seen such an accomplished, technical group of folks learn so much in such a short time. What separates Vanessa from the pack is her unique blend of research and humanity. All of her points were backed by solid research, but more importantly, touched the minds and hearts of our attendees in a positive, lasting way.”

- Sudheesh Nair, CEO ThoughtSpot

“Vanessa has given me tools for accepting increasing duties at work, and for dealing with stress and conflict in my personal life. Vanessa has made a HUGE difference in my ability to perform at work under major stress.”

- Denali Lumma, Senior Engineering Manager - Uber

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"We recently had Vanessa come to our leadership team and present. The end result of that experience has been nothing less than transformational for our company. Vanessa's uncanny ability to assess the different needs and capabilities of each individual was instrumental in delivering content that was precisely on target, delivered with a style and ease that allowed for maximum transfer of knowledge and skills and enhanced the "sticky factor" of the content. Vanessa's content was crisp, informative and provocative. We plan on bringing Vanessa back to our company regularly as a key ingredient in strengthening our people power."

- Terry Tierney, CEO - MyChelle Natural Skin Care

"As part of our Inclusion & Diversity journey, SCI decided to host our very first Women's Conference. We brought Vanessa in to speak with our top women leaders of our company on How to Lean in Without Burning Out. Needless to say, her presentation, personality, as well as professionalism, made such a powerful impact on our attendees. We still have associates, three months later, sharing, referencing and utilizing the tools Vanessa provided."

- Jeanele Davis, Talent Management - Program Lead Women's Conference

"Vanessa excelled as a Thought Leader at the Watermark Women's Lead On Conference in Silicon Valley. Based on participant feedback, the session she led was the highest rated of the conference. With her leadership and insights, I look forward to leveraging her skills for future conferences."

- Victoria Howell, Program Manager - Conferences for Women

"When we set out to launch our first customer conference, we wanted to include a session that would wake people up and get them to think different about their lives and their purpose in the world. Including a session on mindfulness for hundreds of Fortune 500 data & analytics leaders felt like a gamble, but it paid-off in spades. We received amazing feedback about Vanessa's talk. People told us that they were surprised at how much they loved it and that it helped them relax. Many felt transported to a happy place where they could put all their pressures on hold and see the bigger picture. If you want to offer your employees, partners, or customers a truly unique experience, Vanessa is someone you should absolutely engage."

- Scott Holden, CMO - ThoughtSpot

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"Vanessa's presentation at our Dailey Method Owner's Summit was a highlight for all of our attendees. Her ability to share her background and experience from a place of vulnerability resonated strongly with our group. I know I continue to be inspired by what she taught and the exercise she guided us through. I would love to spend more time learning everything her beautiful soul has to offer!

- Jill Dailey, CEO and Founder at The Dailey Method

"Inspiring, empowering, life changing... that was the phenomenal response that we received from the Women's Group at ITG to Vanessa's session. Vanessa truly has a gift for captivating her audience and communicating profound ideas with a powerful simplicity that enables the attendees to understand, grasp and adopt the insights to create meaningful change."

- Sheryl Weaver, HR Business Partner - ITG

"Vanessa was the perfect choice for the Stanford GSB Sloan fellow (MSx) Women's event. Using her own life story, Vanessa captivated the audience and inspired us to visualize our futures. With her honest, charming, and energetic style she planted the seeds for our future achievements!"

- Lotem Lev-Ari, Head Stanford MSx Program

"I had the good fortune of reconnecting with Vanessa at our Stanford Business School 10th reunion, but this time she was teaching the class! Vanessa did an amazing job facilitating exercises to help a group of her former classmates create a vision for our lives/careers over the next 10 years. Within weeks I'd hired her to lead a half-day session to help my Google team bring mindfulness, empathy, and appreciation to some challenging organizational dynamics. Vanessa's session was the most popular and impactful of our 2-day offsite. My only regret-- should have hired her for a full day."

- Mike Henry, Director, Sales & Product Strategy Google

"Our company hosted their first annual Wellness Week. Vanessa was truly a powerhouse. She captivated both our on-site and remote employees through storytelling, interactive activities and her charismatic personality. Based on the engagement and feedback received, we look forward to having Vanessa speak at future events."

- Avona Sanchez, HR Coordinator Upwork

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“Vanessa brings an amazing combination of research, data and personal experience to teach this material in a way that makes it both simple to understand and a joy to attempt.”

- Katherine Harbin Clammer, Founder - Source Capital, LLC

Corporate Book Launch Event: Sample Topics

The Art and Science of Visioning

Learn the Keys to Uplevel Your Career

With constant demands on their time and resources, many ambitious workers find themselves reacting to life's demands rather than intentionally creating a path forward. This session is designed to support high potential employees in taking the time and space to gain clarity on their goals and expand the vision of what's possible in their lives using guided visualization.

In this interactive session, Vanessa will walk participants through a proven process for identifying their core values, setting aligned goals, visualizing their future self and taking action to make their vision a reality. This session will help high potential leaders unlock a bolder vision for their lives and up-level their careers by harnessing the tools of conscious goal setting and group visioning.

This workshop will allow the participants to:

- Gain clarity on their core values and find ways to more effectively live and lead in alignment with these values.
- Create a compelling vision both individually and collectively as a group.
- Focus on what really matters to them and create their intentions and goals proactively, rather than being reactive and resentful.
- Harness the power of the subconscious mind and research-backed tools to achieve their goals with less struggle and greater ease.
- Effectively integrate work and life to create greater wellbeing and success.

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How to Lean In Without Burning Out

A Roadmap for High Performing Teams to Create Sustainable Success

Employees today feel a lot of pressure to succeed in all aspects of their lives. This fast-paced, always-on mentality, coupled with advances in technology which enable 24/7 connectivity, cause many high-potential employees to feel overwhelmed, exhausted, and burned out.

With astonishing clarity and prescience, Vanessa demonstrates the importance of taking the time to stop, pause and be fully present throughout the day and week. Using neuroscience and the latest brain research, Vanessa creates a compelling business case for mindfulness and introduces participants to a new way of working which she calls; “Sustainable Success.”

Loder teaches the core tenets of this radical new approach with grace and humor, leaving her audience inspired and empowered.

Attendees will walk out of this session with tools they can bring to back to their team, their family, and their life - and they'll leave feeling inspired, empowered, and able to take action.

This workshop will allow the participants to:

- Understand the importance of your response or reaction to any given situation and make different choices accordingly.
- Optimize your performance and improve productivity by harnessing the natural power of the brain and working in “pulses.”
- Stop complaining and start taking responsibility for the outcomes you deeply desire.
- Learn simple yet effective tools to stop, pause and be fully present throughout the day and week.
- Get out of busy mode and shift from hustle into flow on demand.
- Create a culture of support and appreciation with your colleagues.

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You will leave this session with practical steps to incorporate these tools in how you lead, communicate and engage your teams and colleagues.

Clients



For more information, please email robyn@vanessaloder.com