

Lia Garvin Speaker Bio

Lia is the author of *UNSTUCK: Reframe Your Thinking to Free Yourself From the Patterns and People that Hold You Back*, leaning into nearly 10 years of experience working in some of the largest and most influential companies in tech including Microsoft, Apple and Google to explore the power of reframing to overcome common challenges found in the modern workplace. She is a TEDx and SXSW speaker and has been a featured guest on WGN Chicago and WJLA Washington DC news. She was recognized by the National Diversity Council as a 2021 DEI Champion.

As an operations leader, speaker and organizational consultant, Lia is on a mission to humanize the workplace, one conversation at a time. Through her writing, leadership coaching and savvy program management skills, she brings an authentic and irreverent sense of humor to teams to help them examine the challenges holding them back and focus on what matters. She has built robust diversity & inclusion programs, launched the world's first holographic computer, driven programs and initiatives around team inclusion and organizational effectiveness, and coaches people on how to drive impactful work and thrive working in tech. She is a thought leader in the future of work domain, and has been a contributor to FastCompany and Harvard Business Review.

Lia has a Bachelor of Arts from UCLA in sociology, a Masters of Arts in media studies from the New College of California and is a Co-Active and ICF certified professional coach.