

International Women's Day 2026

Practical, inspiring keynote talks



The challenges of this moment...

**Across industries, women are navigating workplaces full of complexity and pressure.
Are your organisation or female employees facing any of these realities?**

- ❖ Uncertain environments: AI disruption and global turbulence increasing stress and self-doubt.
- ❖ Invisible barriers: bias, silos, and unclear expectations that make progress harder than it should be.
- ❖ Emotional labour overload: giving more than they receive, draining confidence and fueling burnout.
- ❖ A confidence crisis: talented women hesitating to speak up, self-advocate, or claim their achievements.
- ❖ Fear of rejection and backlash: concern about being judged, dismissed, or penalised for speaking up.

Women need practical tools and support, not just motivation. When they feel safe, confident, and empowered to go for what they want, they **unlock opportunities for themselves, their teams, and the wider organisation.**

Award-Winning Keynoter

Favourite of many organisations for International Women's Day talks

Shola Kaye inspires leaders and teams to build People-First cultures. With her signature framework for developing **Emotional Audacity™** - a powerful blend of **empathy, courageous communication**, and **bold action** - she equips organisations to thrive in today's fast-changing world.

Each year Shola presents a themed speech that aligns with International Women's Day, alongside other popular keynotes that foster inclusivity, empathetic communication and empowerment.

Shola's talks combine evidence-based insights, compelling storytelling and powerful interaction, ensuring audiences remain engaged, energised, and leave ready to act.

Before her career as an international keynote speaker and author, Shola spent time as a corporate leader, management consultant and scientific researcher in the UK and USA. She has partnered with many of the world's leading brands.





International Women's Day 2026

In 2026 with the theme ***Give to Gain*** we're encouraged to recognise that generosity fuels growth. When women receive support, skills and space to express their voices, their careers and entire organisations are transformed.

Tying in with this year's theme, **Shola's 2026 IWD speech offering** includes four impactful, practical and inspiring talks:

- 1 How to Ask for What You Want: Energise your Career with Audacious, Empowering Questions**
- 2 Develop a Speak-Up Culture: How to Feel Seen, Safe and Heard**
- 3 Strategic Communication: Frameworks For Powerful Presence & Impact**
- 4 Everyday Strategies For Influence & Persuasion**

By ***giving*** your women the gift of these practical keynotes, all of which come with a PDF guide and clear, actionable frameworks, your organisation will ultimately be ***gaining***, equipping employees with tools for success, progress and better collaboration.

Please note: In the spirit of inclusivity, Shola's talks are suitable for **all** employees, not just women.

1. How to Ask for What You Want: Energise your Career with Audacious, Empowering Questions

Are women in your organisation missing out on key opportunities for career growth and support?

In this keynote, Shola shows how questions can transform careers and the culture of your workplace. Through real-life stories, frameworks, and practical tools, participants learn to overcome the fear of asking, and shift their mindset from hesitation to empowerment.

Key Themes:

- **Overcome hesitation:** Reduce fear of rejection and boost confidence with the 5Rs framework
- **Ask with impact:** Walk away with practical scripts and frameworks for high-value requests.
- **Build connection and influence:** Strengthen relationships, visibility and performance through questions to colleagues.



Watch a clip of Shola from this keynote

2. Develop a Speak-Up Culture: How to Feel Seen, Safe and Heard

Do your female employees hold back ideas or concerns because it feels unsafe to contribute freely?

Many workplaces struggle with poor communication, low engagement, and lack of psychological safety.

This keynote shows leaders and team members how to create a culture where everyone feels seen, safe and heard. Shola combines storytelling, exercises and practical tools to foster transparency, collaboration and innovation.

Key Themes:

- **Build psychological safety:** Create workplaces where people feel safe.
- **Encourage open dialogue:** Equip teams with practical tools for honest conversations.
- **Lead with compassion:** Transform teams through empathy and enquiry.



Watch a clip of Shola
from this keynote

3. Strategic Communication: Frameworks For Powerful Presence & Impact

Tools and strategies to contribute powerfully during meetings and high stakes conversations

Women, introverts and other groups frequently complain about being spoken over during meetings. Other problems include their ideas being ignored only for the same suggestion to be embraced enthusiastically a few minutes later when voiced by a more popular or vocal colleague.

This speech provides frameworks to help their ideas cut through and get noticed.

Key Themes:

- **Concise communication frameworks** to use immediately
- Learn how to **tell stories to influence and persuade**
- **Express ideas** with clarity and impact
- **Create an implementation plan** for becoming unstoppable



4. Everyday Strategies For Influence & Persuasion

Give your people the know-how to become more influential and persuasive.

We often feel powerless when it comes to persuading colleagues and clients to see our point of view or to take a different course of action. This session equips participants with essential principles and strategies they can use when they'd like to influence the behaviour of others.

Key Themes:

- Understand the difference between **influence and persuasion**
- Learn the **four communication archetypes and how to use them** to make more of an impact
- Discover **practical influencing principles** such as commitment, logic vs emotion, anchoring and loaded language
- Explore **powerful persuasion frameworks** that drive people to take action.



EXPERIENCE MORE OF SHOLA

Speaker Reel



Get a sense of Shola on stage in her latest 2025 showreel

[CLICK HERE TO WATCH](#)

TEDx Talk



Hear Shola's story and watch her TEDx Talk

[CLICK HERE TO WATCH](#)



She is an engaging and informative speaker with lots of practical advice.



Shola was our International Women's Day speaker. She is very engaging and has a fantastic ability to build a rapport with the audience even when it's a virtual one.



I felt engaged, empowered, and learnt really insightful tools to become a better leader and make the world a fairer place for all.



The session was unconventional (beautiful voice!) with resonating content, providing guidance and actionable takeaways. Shola was extremely engaging, warm, positive and inspiring!



Shola participated in our International Women's day celebration. The session centered on confidence, empowerment and finding your voice. The session was both interactive, fun and also compassionate.





There are **so many speakers** to choose from.
That's why **Shola uses a data-driven approach.**

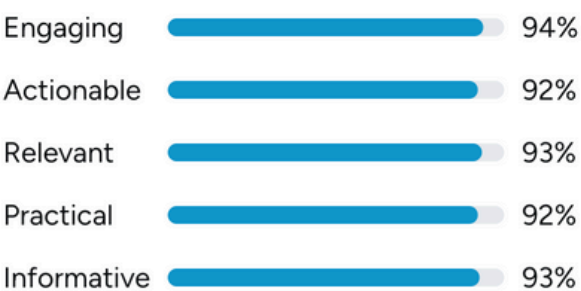
- ✓ Feedback data is collected after every keynote.
- ✓ Scores and testimonials are shared with the client.
- ✓ We can ask custom questions to help support your initiatives and inform your next steps.

Shola's aggregated feedback scores:



Generated by Talkadot based on 4685 audience feedback

Attendees say Shola's talks are



A proven approach



Let's talk!

Ready to move forward? Book an introductory chat with the team at sholakaye.com/15 to discuss your session.

Got a few more questions? We're all about flexibility and love teaming up with clients to co-create the perfect solution. Email us at info@sholakaye.net or book a time to speak.

Hope to hear from you soon.

Shola

Let's stay in touch

