

Amber Cabral Full Formal Bio

Amber Cabral is a culture strategist, leadership keynote speaker, and three-time Wiley author. She is the founder and CEO of Human(ing) Well Co., a human skills development consultancy that helps leaders fix the people problems that cost companies time, money, and their best talent.

She has trained 225,000+ leaders at more than 100 organizations across more than a dozen industries. Her clients range from five-person teams to global enterprises exceeding \$50Bn in revenue, among them Apple, Amazon, Chase, Salesforce, Warner Bros. Discovery, and GE Vernova. She earned a Brandon Hall Group award for a leadership program she built and delivered, and her average session rating is 4.9 out of 5. Amber teaches through conversation rather than lecture, and she uses humor on purpose, because the pretense that work is a separate world where nobody is a real person creates more barriers than it removes. She builds lively learning experiences around the decisions and conversations people are actually navigating, so participants leave with tools and perspectives that hold up at work and outside of it.

Amber spent more than a decade inside large companies, including Walmart, where she led work in organizational development and culture change. What she saw there is what she teaches now. When people cannot say what they actually think, decisions slow down and the best people leave first.

She has written three books, all with Wiley: *Allies and Advocates* (2020), *Say More About That* (2022), and *How to Be a Good Human* (2026). Her TED Talk, *3 steps to better connect with your fellow humans*, has more than 700,000 views, and her writing and commentary have appeared in *Fast Company*, *Harvard Business Review*, *MSNBC*, and *The Washington Post*.

Her latest book, *How to Be a Good Human*, carries the Human(ing) Well Framework and its four pillars of health, wealth, relationships, and growth, which help leaders manage change, build resilience, and communicate better without burning out or abandoning themselves. She also hosts the SiriusXM *Human(ing) Well* podcast, which is available wherever podcasts are streamed, and *Job Hunt Georgia* on WSKC Atlanta, a television show for job seekers looking to find and build their careers.

Amber holds a bachelor's degree in Psychology and a master's degree in Organizational Leadership, along with a Master Coach certification and the Hogan Assessment certification. She chairs the board of Brown Girls Do Ballet, which provides scholarships, mentorship, and community programs for young dancers of color. Raised in Detroit, she lives in Atlanta.

Amber's mission is to teach the two skills nobody gets trained on: how to talk to each other honestly, and how to take responsibility for yourself. She delivers it through keynotes, workshops, coaching, writing, and her podcast.

One Minute Speaking Intro

Please welcome Amber Cabral, a culture strategist, TED speaker, and three-time author who is changing how we think about leading, communicating, and showing up at work.

Amber is the founder and CEO of Human(ing) Well Co., and she has trained more than 225,000 leaders at companies including Apple, Amazon, and Chase, sharing tactics we can all use in her signature interactive style. She is the author of *Allies and Advocates*, *Say More About That*, and *How to Be a Good Human*. She also hosts a television show for job seekers called *Job Hunt Georgia* and the weekly *Human(ing) Well* podcast on SiriusXM, where she gets into what it actually takes to lead with intention and live a life that feels as good as it looks.

Whether she is on stage, in a boardroom, or behind a mic, Amber helps people connect better, communicate clearer, and lead without sacrificing themselves in the process.

Please join me in welcoming Amber Cabral.

Mini Bio - under 100 words

Amber Cabral is a culture strategist, leadership keynote speaker, and three-time Wiley author. She is the founder and CEO of Human(ing) Well Co., a human skills development consultancy that helps leaders fix the people problems that cost companies time, money, and their best talent. She has trained 225,000+ leaders at more than 100 organizations across more than a dozen industries. Her books are *Allies and Advocates*, *Say More About That*, and *How to Be a Good Human*. She hosts the SiriusXM *Human(ing) Well* podcast and *Job Hunt Georgia* on WSKC Atlanta, a television show for job seekers.

Micro Bio - under 250 characters

Amber Cabral is a culture strategist, leadership keynote speaker, and three-time Wiley author. She is the founder and CEO of Human(ing) Well Co., where she helps leaders fix the people problems that cost companies time, money, and their best talent.