

Jay Pryor

Speaker & Author
Corporate Culture Trainer
LGBTQ+ Educator



Jay Pryor brings humor and wisdom to the field of personal development, leaving audiences entertained as well as educated. Their keynotes and corporate trainings reveal proven methods to discover and connect to your authentic self and find clarity that will permeate all facets of life and work. Jay will leave your participants empowered and inspired to look at their lives from a fresh perspective.

JAY PRYOR is a speaker, executive consultant, and facilitator of corporate trainings and workshops around the world. They are the author of the acclaimed book **LEAN INSIDE: 7 STEPS TO PERSONAL POWER: A PRACTICAL GUIDE TO TRANSFORMATION FOR WOMEN** and co-hosted the podcast *Doing the Work* with Jay and Becca, devoted to awakening people to their own power to transform their lives. Jay is an advocate & educator for inclusivity and gender consciousness and the creator of **THE GENDER REVEAL PARTY**, a one-human performance show about their experience growing up a transgender non-binary person in the heart of the Midwest. Jay lives with their wife, Jessica, and two children in Lawrence, Kansas.

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Lean Inside: Creating Conscious Leaders

This keynote introduces the 7 steps to personal power Jay developed from their 15 years as a transformational leader and executive coach. This talk leaves audiences with practical steps

toward living an extraordinary life and the tools to transform the limiting beliefs and habits that keep them playing SMALL. The ah ha moments, energy, and insights available have participants ready to be the change in their organizations and their lives.

Also available as Lean Inside: One-Day Event, an 8-hour training for businesses looking for long-term strategies to change their company culture for the better.



The Gender Reveal Party: A One-Human Show

You will laugh and cry with Jay in this illuminating edutainment performance! After nearly 30 years of LGBTQ+ education and activism, Jay has created a theatre

experience that's raw and real, while sharing in the fun and silliness along the way. This 70-minute show is designed to have audiences notice their own assumptions about sex and gender and leave with new insights. Part stand-up, part storytelling, 100% authentic, vulnerable, and funny....welcome to The Gender Reveal Party!