

KEYNOTE SPEAKER · LEADERSHIP TRAINER

Amara Okafor

Helping managers lead through mergers, restructures and new leadership

I train managers to lead through change, with tools they use on Monday morning.

Based in London, UK **Travels** UK & Europe **Virtual** worldwide

87%
of managers still use a tool 30 days later

4.9/5
average rating from 1,800+ participants

60+
keynotes delivered since 2019

35
companies trained, from 20 to 1,000 people

ABOUT AMARA

Amara spent twelve years running operations through three mergers before she started training managers. Today she helps HR and learning teams keep their people focused, motivated and staying when everything changes. Her sessions are practical and tailored to each industry, with a 30-day follow-up survey and a short impact report after every program.

SIGNATURE TALKS

KEYNOTE · 45 MIN

Leading Through Change

How managers keep teams focused and motivated when priorities, structures or leaders change.

One clear change message · Spot early burnout · Keep your best people

WORKSHOP · HALF DAY

The First 90 Days as a Manager

For new managers moving from doing the work to leading the people doing it.

Better one-to-ones · Feedback that builds trust · Clear team priorities

VIRTUAL · 60 MIN

Trust at a Distance

Leading hybrid and remote teams that stay connected and accountable.

Meetings people value · No micromanaging · Trust across time zones

WHAT ORGANISERS SAY

> "Amara had a room of 400 managers taking notes. Weeks later they were still using her one-message rule."
>
> Laura Bennett, Head of Learning, Meridian Group

> "The most practical leadership session we have run. Our new managers asked for a follow-up the same week."
>
> Owen Clarke, HR Director, Northwind

TRUSTED BY

Meridian Group **Northwind** **Harbor & Co**
Lumen Health **Atlas Bank** **Crestline**

FORMATS & AUDIENCES

Formats: keynote, workshop, virtual, coaching

Audiences: managers, HR, leadership teams

Group size: 12 to 30 for workshops, any size for keynotes

Book: 6 to 10 weeks ahead

Book Amara for your next leadership event

Tell her your dates, audience and the change your team is facing. Replies within 2 working days.

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Scan for Amara's website and reel