

Award-Winning Speaker and Presenter

DR. ŠPELA TREFALT

Partner with the leading global authority on work-life balance for professional service firms

Špela is a recognized global authority in organizational change, work-life balance, and leadership coaching. She delivers keynotes, panel discussions, and interactive sessions that inspire, challenge, and equip leaders, professionals, and organizations with practical tools and insights for thriving in balance.

Špela cuts to the chase, leveraging science and research to propel organizational change while championing a life of balance and peace of mind. As a seasoned speaker and workshop facilitator with a deep understanding of human and organizational psychology, Špela has empowered hundreds of leadership teams and professional service firms to develop networks and create meaningful visions to thrive in a sustainable work-life balance.

★★★★★ Rated 4.9/5 by hundreds of professional service practitioners and firms



KEYNOTES

IGNITING ENTHUSIASM

Driving Organizational Change in Professional Firms

Discover the psychology behind organizational and personal change. Understand why change presents challenges and learn effective strategies to overcome them. Explore methods that inspire teams to welcome the change initiatives you design while thriving in a fast-paced environment.

NETWORKING WITH EASE FOR PROFESSIONALS

Effectively Connecting, Minus the Ick

Learn to effectively network while nurturing your existing relationships. Gain insights into how well your existing network supports your organization's and your personal and professional objectives. Discover strategies to leverage these connections, enhance your team's visibility as a subject matter expert, and seize opportunities on exciting projects while building your company's client base.

BALANCING ACT

No-Nonsense Strategies for Professionals

Uncover practical strategies to help your team effectively manage time and attention between work and personal life. Learn evidence-based methods for setting boundaries, empowering your team to navigate demanding clients and fierce competition with confidence and success.

AS SEEN IN



HERE'S WHAT THEY'RE SAYING...

"Dr. Trefalt joined us at our annual Senior Leadership Team retreat and conducted an outstanding workshop on Leading Organizational Change. Her dynamic and engaging presentation style, coupled with informative and actionable content, left a lasting impact."

Steve Amendo
CMO, Martin's Point Health Care

CONNECT WITH ŠPELA

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