

DOMONIQUE WORSHIP

Domonique Worship is a speaker, executive coach, and leadership advisor who partners with organizations and leaders to transform how they define and sustain success. Drawing on her experience as a Harvard Law-trained attorney, former NBA executive, and ICF-certified coach, she delivers dynamic, research-backed keynotes and workshops that bridge individual transformation with organizational impact.



Perfectionism at Work

A research-backed workshop series that helps professionals recognize perfectionist patterns, understand their ripple effects, and build more sustainable approaches to excellence.

Perfectionism affects far more than individual performance. It shapes how leaders communicate, make decisions, collaborate, and experience the workplace. Grounded in Domonique’s original research with more than 250 professionals across four continents and her signature Five Perfectionist Archetypes, this three-part series gives participants practical language and tools to navigate perfectionism at the individual, relational, and organizational levels. Each session can stand alone or be offered as a sequenced series, creating a clear progression from individual awareness to stronger leadership and healthier workplace dynamics.

The Hidden Costs of Perfectionism

Foundational session | Designed for professionals at all levels

Perfectionism is often mistaken for excellence, yet it can appear in less obvious ways—from procrastination and people-pleasing to overpreparation, control, and fear of failure. In this highly interactive session, participants identify their patterns through the Five Perfectionist Archetypes and explore how those patterns influence performance, well-being, relationships, and workplace culture.

Participants leave with practical strategies to preserve their ambition and high standards while working with greater clarity, confidence, and capacity.

The Leadership Impact of Perfectionism

Designed for senior leaders, people managers, and those responsible for developing others

For leaders, perfectionism rarely stays personal. It shapes how work is delegated, how feedback is delivered, how mistakes are handled, and what team members come to believe is required to succeed.

This session helps leaders understand the ripple effects of their perfectionist patterns and make more intentional choices that strengthen trust, judgment, ownership, and growth across their teams. Participants leave with a personalized Leadership Playbook capturing the patterns they want to manage and concrete shifts they can put into practice immediately.



Andrew Stephens
Diversity, Equity, and
Inclusion Manager
Clyde & Co LLP

“The response to our firm’s global event with Domonique was overwhelmingly positive, and one moment in particular stood out: attendees initially joined watch parties with laptops open, clearly preparing to multitask—yet within minutes, people were closing their laptops and fully engaging. That shift speaks volumes about Domonique’s presence and ability to capture attention in a way that is authentic and compelling. She has a unique gift for creating space that is both thought-provoking and actionable.”



Navigating Perfectionism in Professional Relationships

Designed for individual contributors, middle managers, and emerging leaders navigating up and across within fast-paced organizations

In fast-paced workplaces, perfectionism often shapes the way people work together—from how expectations are communicated to how feedback is delivered and pressure is managed. These dynamics can leave professionals second-guessing their judgment, overpreparing, or struggling to know what “good enough” looks like.

This interactive session helps participants recognize the patterns influencing their workplace relationships and focus on the part of the dynamic they can shape. Through the Five Perfectionist Archetypes, they learn to manage up with greater clarity, communicate more effectively, and stay grounded under pressure. Participants leave with a personalized action plan for strengthening key relationships and sustaining strong performance without defaulting to overfunctioning, avoidance, or disengagement.

Format and Customization

Each session is designed to be participatory, practical, and immediately applicable. Workshops blend expert-led instruction with guided reflection, facilitated discussion, interactive polls, and small-group practice, giving participants space to apply the concepts to their own roles and workplace relationships.

Customization is built into every engagement. Examples, scenarios, discussion prompts, and areas of emphasis are tailored to the audience’s career level, organizational context, and leadership development priorities.

- Available as 60- to 90-minute workshops, delivered virtually or in person
- Designed for teams, leadership cohorts, and organization-wide audiences
- Offered individually or as a sequenced three-part series
- Adaptable for corporate, professional services, and law firm environments
- Also available as a 30- to 60-minute keynote: Turning Perfectionism into Your Superpower



Natalie Kernisant
Chief Workplace Experience Officer
Morrison Foerster

“Domonique has a rare ability to create space for honest reflection while also challenging people to lead with more authenticity, clarity, and purpose. Her sessions sparked meaningful conversations, built trust across the team, and left us with language, tools, and shared practices that continue to shape how we lead and collaborate.”

Additional Speaking Topics



Creating Aligned Success: The Framework for Sustainable Excellence

Most leaders are told they have to choose: career success or personal fulfillment. Work that matters or a life that works. This session dismantles that false choice by introducing a framework for Exceptional Alignment—when your values, goals, and actions are fully aligned. Participants learn how to identify what truly matters to them, recognize the limiting beliefs holding them back, and apply strategies to align their leadership with their vision of success. The outcome? Greater clarity in decision-making, deeper confidence in leadership, and sustainable success that honors both ambition and well-being.

The Curiosity Advantage: Leading with Questions, Not Just Answers

Strong leaders don't have all the answers; they know how to ask the right questions. In this engaging session, participants discover how curiosity strengthens credibility, deepens connection, and increases influence. Leaders learn how a curious mindset unlocks clearer communication, builds trust, and enables more effective navigation of high-stakes conversations. Through practical frameworks like active listening and powerful questioning, participants gain immediately applicable techniques to communicate with greater clarity, lead with authenticity, and foster cultures of psychological safety and continuous learning.

Values-Driven Leadership: Leading with Confidence and Impact

Core values are the driving force behind authentic, empowered leadership, yet most leaders have never articulated what theirs actually are. In this session, participants learn how to identify their core values and discover how leading from that place fuels greater alignment, creativity, fulfillment, and impact. Leaders explore the connection between values clarity and decision-making confidence, and gain strategies to honor their values while guiding their teams to success. The outcome? Leaders who are more effective, authentic, and empowered to drive meaningful results. This session is ideal for leadership teams, high-potential programs, and organizations prioritizing culture transformation and authentic leadership development.

All topics can be customized for different audiences and organizational contexts, and are available in keynote (30-60 minutes) or interactive workshop (60-90 minutes) formats.

Multi-session programs are available. Perfectionism at Work can be offered as a sequenced series, and other topics can be combined into a customized leadership development experience.



Julicia James
Manager of Inclusion
and Engagement
Saul Ewing LLP

"Many attendees described it as the best professional development program they've participated in at the firm. What stood out was how well the content resonated. This is a discerning audience, and Domonique met them exactly where they were, with insight, substance, and a refreshing candor that made the work feel both timely and achievable. She is an unforgettable presenter, and one that I would enthusiastically recommend to any organization serious about the well-being and development of their people."



About Domonique

Domonique Worship is the Founder and CEO of The Institute of Exceptional Alignment, a leadership development firm that partners with organizations to build cultures where high-achieving professionals can sustain excellence without sacrificing well-being. She works with Fortune 500 companies and top law firms worldwide, blending research-backed frameworks with strategic insight to help leaders and organizations sustain excellence in high-pressure environments.

Her signature work on perfectionism is grounded in original research with 250+ professionals across five continents and nearly 100 listening sessions exploring how high-achievers navigate success, well-being, and belonging in demanding professional environments. From this 360-degree perspective, she identified a fundamental flaw in the prevailing model of leadership and created The Exceptional Alignment Method™—a practical, human-centered framework that transforms perfectionism from a hidden liability into a strategic advantage.

Before founding the Institute, Domonique served as Senior Associate Counsel and Vice President of Diversity & Inclusion at the National Basketball Association (NBA), and practiced corporate law at Wall Street law firm Cleary Gottlieb Steen & Hamilton LLP. She draws on deep experience navigating high-performance, high-pressure environments to help organizations transform how they define, develop, and sustain leadership.

Domonique's keynotes and workshops are known for bridging individual transformation with organizational strategy. Her signature keynote on perfectionism has been delivered to audiences of 1,200+ and helps leaders rethink how they approach performance, communication, and well-being.

She holds a J.D. from Harvard Law School and a B.A. from the University of Florida. She is an ICF-certified coach through the Co-Active Training Institute.



Amy Shook
SVP, Legal & Human Resources
Convey Health Solutions

"Domonique was an inspiring, dynamic and motivational speaker at our Company's inaugural women's summit. She captivated the room and we received positive feedback all the way around. She has poise, presence and an ability to connect well with her audience. She was also a pleasure to coordinate with on the logistics and we hope to bring Domonique to future Company events!"