



## Debon Lewis

*Leadership Coach | Speaker | Facilitator*

**Helping high-achieving professionals lead with emotional intelligence, purpose, and presence.**

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Debon Lewis is a sought-after coach, speaker and facilitator known for helping high-achieving professionals lead with emotional intelligence, clarity, and presence. Debon combines a deep understanding of leadership behavior with his signature E3 Framework—*Elevate. Empower. Expand.*—to help individuals grow from the inside out.

From corporate boardrooms to university campuses, Debon brings a unique gift for creating psychologically safe spaces where real conversations can happen. With over a decade of experience coaching executives, training educators, and developing aspiring leaders, his work is rooted in both research and lived experience, and his sessions are known for being emotionally resonant, immediately actionable, and deeply human.

Whether leading a keynote, facilitating a workshop, or sitting in circle with emerging leaders, Debon's goal remains the same: to develop leaders who drive results without losing sight of well-being to stay whole in their role.

**Available for:** Keynotes | Workshops | Panels | Retreats | Coaching Intensives

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## Formats & Experiences

- Keynotes (story-driven and inspirational)
- Workshops (interactive and practical)
- Fireside Chats or Panels (conversational and dynamic)
- Facilitation & Retreats (intimate and strategic)
- Virtual or Hybrid Delivery

## Signature Talks

### 1. The E3 Leadership Blueprint: Elevate. Empower. Expand.

A dynamic walkthrough of Debon's core leadership model, this talk is equal parts strategy and soul. It's ideal for leadership retreats, emerging leader programs, or anyone in transition. Participants learn to embrace their current reality, equip themselves with new mindsets and skills, and elevate their leadership impact.

**Best for:** Executive Teams, Higher Ed Cohorts, Leadership Retreats

**Takeaway:** A repeatable, practical framework for personal growth and powerful leadership.

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### 2. The Weight of the Crown: How High Achievers Can Lead Without Losing Themselves

Behind every high-performing leader is the weight of unseen pressure. In this honest, affirming session, Debon speaks directly to high achievers—especially underrepresented identities—about how to release perfectionism, reclaim purpose, and redefine success.

**Best for:** Women's Leadership Conferences, ERGs, Executive Retreats, Incubators

**Takeaway:** How to lead from purpose instead of performance—and prevent burnout without compromising excellence.

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### 3. Culture Starts With Conversation: Building Brave Spaces at Work

You can't build culture without trust. This session teaches leaders how to create environments where dialogue leads to action—and where authenticity, equity, and accountability thrive. Debon unpacks what it means to practice emotional intelligence in real-time and model courageous leadership.

**Best for:** Empowerment Events, Corporate Teams, Panels, Leadership Retreats

**Takeaway:** Concrete strategies to build team trust, increase belonging, and normalize meaningful conversations at work.

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### 4. Embrace the Mirror: Leading with Emotional Intelligence and Self-Awareness

Your leadership starts with you. This session invites attendees to shift from reactive leadership to intentional influence by embracing their current state with honesty and grace. Using his signature E3 Framework, Debon guides leaders to uncover blind spots, regulate responses, and lead with grounded clarity.

**Best for:** Corporate Teams, ERGs, Higher Ed Leadership Programs

**Takeaway:** Tools to build emotional intelligence and lead from a place of authenticity, not autopilot.