



# LINDSAY VASTOLA

## LEADERSHIP KEYNOTE SPEAKER

### Empowering Leaders to Build High-Performing Teams That Win at Work and Life

Blending her extensive service industry experience in both corporate management and entrepreneurship, Lindsay Vastola energizes audiences with her out-of-the-box keynote presentations, professional development workshops, and by curating conversation on topics that impact all facets of work and life...all grounded in the principles of personal leadership, Emotional Intelligence (EQ), and professional growth.

Following her career in corporate management, in 2007, Lindsay founded her first wellness and fitness company in In 2018, she founded her second venture, VastPotential, a leadership and employee development company helping service-based business leaders leverage the power of personal leadership and Emotional Intelligence to build high-performing teams, deliver exceptional experiences, and to create a culture no one ever wants to leave.

Lindsay has been featured in national media for her work, is a keynote speaker and workshop leader for organizations of all sizes from Fortune 500 companies to small businesses and non-profits, serves on multiple advisory boards, and is active in her community.

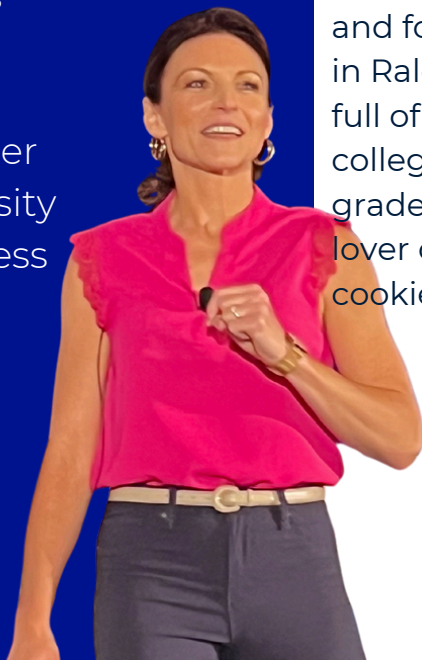
Lindsay's gypsy spirit was born in California, raised in Maui, and following 20 years in New Jersey she is currently settled in Raleigh, NC with her husband and her two children. She's full of back-pocket, unexpected stories and experiences...a college rugby career, a year-long adventure in Japan, a 4th grade Toastmaster's champion, a New York Yankee fan, lover of country music, and is a self-proclaimed chocolate-cookie snob!

### Signature Talks & Workshops

Trickle-Down Leadership  
Lead Yourself First  
EQ for High-Performance

### Lindsay has worked with organizations including:

Merrill Lynch  
Bank of America  
New York Times  
Health & Fitness Association  
ProFit Marketing Solutions  
Phillips-Van Heusen  
Sparta Systems  
Finalsite  
Revlon  
Standard Charter  
Rutgers University  
Dress For Success  
Sony



**CONTACT LINDSAY TO CREATE AN  
UNFORGETTABLE EVENT!**

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