

## Khaliah O. Guillory Long Bio



You will know it when Khaliah O. Guillory walks into a room. It is a magical feeling that you must see to understand. She lights up space with her bona fide, bountiful energy - the kind of energy you can feel from your head to your toes. When you meet her, you understand why she's won so many awards. When you hear her speak on stage, you will get why she has been invited to so many events. She is one in a million.

Khaliah O. Guillory (KOG), she worked her way from banker to a C-level executive at a Fortune 100 company that oversaw a \$1 billion-dollar book of business and over 220 employees. While Vice President of Wachovia Bank, she served as one of the founding members of the Diversity Council, influencing positive change at the company. During this time, the organization saw a retention increase of approximately 35 percent due to her leadership. After leaving Corporate America,

Khaliah's phone started ringing off the hook and has not stopped.

An avid napper, Guillory is obsessed with sleep so much, she founded [Nap Bar™](#), the first of its kind, white-glove, artificial intelligence wellness experience in the world. Nap Bar offers communities and companies onsite and en-suite rest sanctuaries to help reduce sleep deprivation, increase mindfulness and alertness.

Guillory has secured strategic partnerships with but not limited to Mercedes-Benz, William-Sonoma, and WNBA.

In 2015, Guillory founded [KOG & Co.](#), a boutique firm that partners with corporations to transform human emotion through inclusion, equity, culture, wellness, and employee engagement experiences. Guillory is an award-winning speaker chosen to deliver the 2018 MBA Commencement Speech at the University of Houston-Downtown. She is featured in a plethora of national media outlets including Forbes, Huffington Post, Essence, Houston Business Journal, Fox News, ABC and NBC, respectively.

Khaliah has inspired companies like Microsoft, Wells Fargo, Shell, NASA, and LinkedIn by bringing new thought leadership to the table. She is an energetic professional speaker and a passionate promoter of diversity and inclusion. She believes that each employee can reach their greatest potential in a supportive and conscious inclusive environment and has built training workshops to help companies increase productivity.

In 2011, Guillory founded The [Cynthia A. Guillory Foundation](#) (CAG) to pay homage to her mother, Cynthia, who lost the fight against ALS also known as Lou Gehrig's disease in 2002. Guillory promised her mother to continue her legacy through the gift of giving and increase ALS awareness. Despite the global pandemic, CAG hosted the 9<sup>th</sup> Annual Giving Tree, partnered with Councilmember Edward Pollard, Walmart, and raised nearly \$16,000. CAG paid off over 130 layaways for underrepresented families in Houston, TX. In 2021, CAG hosted the 10<sup>th</sup> Annual Giving Tree, partnered with Councilmember Carolyn Evans-Shabazz, and took forty deserving fourth graders from Lockhart Elementary School in Sunnyside, TX on a holiday shopping spree. Each student was gifted \$500 to shop at Walmart!!!

Guillory was born and raised in Port Arthur, Texas. She is a lover of 80s music, travel junkie, vinyl collector, obsessed with socks, sunglasses, and watches! She is a member of Delta Sigma Theta Sorority, Inc., and a recipient of the prestigious Houston Business Journal's "40 Under 40" Award.

Based on her philanthropy work in the community, Mayor Sylvester Turner declared October 29 as Khaliah O. Guillory Day.

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