

Khaliah O. Guillory Long Bio

The creative mind behind Nap Bar is Khaliah O. Guillory. As a former Vice President at a Fortune 100 company that oversaw a \$1 billion-dollar book of business and over 220 employees, she knows a thing or two about handling stress and sleep deprivation.

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.

Nap Bars' social mission is to turn sustainable rest into sustainable productivity for the health-conscious professionals, entrepreneurs, stay-at-home parents, and travelers. Simply put, the vision is to cure sleep deprivation one nap at a time.

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

Guillory's vision for Nap Bar is to partner with International Airports, Sporting Venues, Hospitals and Universities, and Corporations to provide rest experiences all over the world.

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 has been featured in a plethora of national media outlets including Forbes, Huffington Post, Essence, Houston Business Journal, Fox News, ABC and NBC, respectively.

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 9th Annual Giving Tree; partnered with CM Edward Pollard (District J), Walmart, and raised nearly \$16,000 in one night and paid off over 130 layaways for underrepresented families in Houston, TX. In 2021, CAG hosted the 10th Annual Giving Tree, partnered with CM Carolyn Evans-Shabazz (District D) and took 40 deserving 4th graders from Lockhart Elementary School in Sunnyside, TX on a holiday field trip. Each student was gifted \$500 to shop!!!

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, Houston's Mayor, Sylvester Turner, declared October 29th as Khaliah O. Guillory Day.