



After this next hour, you will see why our next speaker, who serves up a daily dose of dopeness and naps for a living, is *NOT* your average speaker!

Khaliah O. Guillory is a multi-hyphenated, multi-talented, award-winning speaker who partners with corporations to transform human emotion through inclusion, equity, culture, wellness, and employee engagement experiences. In her spare time you can find her seeking the next adventure not limited to jumping out of a perfectly functioning plane at 10,000 feet!!!

She is a Certified Sleep Coach and the creative mind behind Nap Bar™, the world's first white-glove, eco-friendly, luxe rest sanctuary. We offer custom suites onsite and en-suite, infused with virtual reality experiences, to help tired individuals rest and recharge.

Khaliah is a former Vice President of a Fortune 100 company, where she oversaw a \$1 billion-dollar book of business and over 220 employees. So, she knows a thing or two about handling stress and being sleep deprived (hello, lunchtime car naps!).

She has been featured in and on Forbes, Huffington Post, Essence, Houston Business Journal, Fox News, ABC, NBC, and is a recipient of the prestigious Presidential Lifetime Achievement Award, and the "40 Under 40" award by the Houston Business Journal. Oh, did I mention that October 29th has been declared Khaliah O. Guillory Day in the city of Houston, based on her philanthropic work through her non-profit, The Cynthia A. Guillory Foundation—a namesake to her mother Cynthia who lost the battle against Lou Gehrig's Disease also known as ALS in 2002?!

Beyond napping, speaking, and giving back, Khaliah is a member of Delta Sigma Theta Sorority, Inc., a travel junkie, lover of 80s music, vinyl collector, and obsessed with socks, sunglasses,

and watches! Please join me in welcoming the one and only Khaliah O. Guillory!