

Amber Cabral Full Formal Bio

Amber Cabral is a leadership strategist, TED speaker, bestselling author, and podcast host who transforms how organizations approach leadership, communication, and culture. Her distinctive blend of corporate experience and human-centered methodologies has made her a trusted partner to companies like Apple, JPMorgan Chase, Ancestry, GE Vernova, Medtronic, and American Airlines, where she addresses fundamental challenges in building cultures where people can speak honestly, take smart risks, and make high-quality decisions.

Her leadership philosophy emerged from over a decade in corporate environments, including her tenure at Walmart, where she led initiatives in organizational development and culture transformation. This firsthand experience revealed what breaks when people feel disposable or unable to speak freely: decision-making slows, accountability erodes, and adaptability suffers. This insight inspired her transition to consulting. She now guides organizations—from agile startups to Fortune 500 enterprises—in building cultures where accountability, connection, and growth flourish naturally.

Amber is the author of three books: *Allies and Advocates: Creating an Inclusive and Equitable Culture* (Wiley, 2020), *Say More About That: And Other Ways to Speak Up, Push Back, and Advocate for Yourself and Others* (Wiley, 2022), and the forthcoming *How to Be a Good Human* (Wiley, Fall 2026). Her TED Talk, *3 Steps to Better Connect with Your Fellow Humans*, has catalyzed global discussions about authentic connection and collective growth. Her insights regularly appear in *Fast Company*, *Harvard Business Review*, *MSNBC*, and *The Washington Post*.

The impact of her TED Talk led to the development of Human(ing) Well, a whole-human development framework built on four pillars—health, wealth, relationships, and growth—that helps leaders adapt and manage change without burning out, compartmentalizing, or abandoning themselves. In 2025, she expanded this work through the *Human(ing) Well* podcast on SiriusXM, where she explores how to break free from limiting patterns and live with intention.

With a master's degree in Organizational Leadership, Amber brings academic rigor to practical application, helping leaders navigate complex challenges while building sustainable, dynamic cultures. Beyond her work, she serves as Chair of Brown Girls Do Ballet, an organization that provides scholarships, mentorship, and community programs to increase opportunity and representation for young dancers of color.

At the heart of Amber's work is a clear mission: teaching people how to be good humans—because when humanity breaks down, organizations lose the decision-making, collaboration, and adaptability they need to thrive. Through keynotes, workshops, writing, and her podcast, she challenges conventional thinking about leadership while equipping organizations with tools to build resilient teams. Her approach combines strategic insight with genuine humanity, fostering workplaces where both people and businesses flourish.

One Minute Speaking Intro

Please welcome Amber Cabral—a leadership strategist, TED speaker, and three-time author who's changing how we think about leading, communicating, and showing up at work.

Amber has worked with Fortune-ranked organizations and global brands, bringing her signature mix of strategic depth and real-talk humanity. She's the author of *Allies and Advocates*, *Say More About That*, and the upcoming *How to Be a Good Human*. She also hosts the *Human(ing) Well* podcast on SiriusXM, where she gets into what it actually takes to lead with intention and live a life that feels as good as it looks.

Whether she's on stage, in a boardroom, or behind a mic, Amber helps people connect better, communicate clearer, and lead without sacrificing themselves in the process.

Please join me in welcoming Amber Cabral.

Mini Bio - under 100 words

Detroit native Amber Cabral has spent her career teaching people how to be good humans—because when humanity breaks down, so does everything else. A TED speaker, three-time author, and culture strategist, she's developed over 200,000 leaders worldwide, helping them communicate with clarity, lead without burning out, and build cultures people don't have to recover from. She hosts the Human(ing) Well podcast on SiriusXM's Women's Empowerment Network, where she gets into what most leadership advice leaves out: how to succeed without abandoning yourself.

Micro Bio - under 250 characters

Amber Cabral helps people human better—at work and beyond. A TED speaker and three-time author, she teaches practical ways to communicate with impact, build real connection, and lead without sacrificing yourself.