



WEL AMERICA 2024

3rd MILLENNIUM WOMEN'S ENTREPRENEURSHIP, LEADERSHIP, MANAGEMENT POSITIVE PSYCHOLOGY, MENTAL HEALTH CONFERENCE (EDITION 4)

MAY 03-04, 2024 | Holiday Inn Mississauga Toronto West,
Mississauga, ON, Canada

Regina
Lawless

In the relentless pursuit of success, women leaders often find themselves caught in the crossfire between ambition and self-care. This talk delves into the transformative journey of reclaiming bliss while excelling in the corporate world or entrepreneurship without succumbing to burnout.

Drawing upon research and her experience as a former Tech executive, Regina Lawless will present actionable strategies tailored to the unique challenges faced by women leaders. During this session, she will dissect the prevailing narratives around success and sacrifice, challenging the notion that achievement must come at the expense of personal fulfillment.

From navigating gender stereotypes to uncovering limiting beliefs, attendees will gain invaluable insights into overcoming barriers while maintaining their mental, emotional, and physical well-being.

Biography

Regina Lawless, MSOD, is a bestselling author, speaker, leadership coach, and former head of diversity, equity, and inclusion (DEI) at Instagram. In addition, Regina is the founder and CEO of Bossy & Blissful, a restorative community for Black women leaders to experience more bliss in their lives and sustainable success at work and at home. Regina has 18+ years of HR experience working for Fortune 500 companies across various industries, including Target, Safeway (Albertsons), and Intel. Prior to Instagram and Meta, she served as the global director of diversity, equality, and inclusion at Micron Technology, where she led the creation of their diversity curriculum and spearheaded talent initiatives to mitigate bias in interviews and performance discussions.

Regina spent the early part of her career as an HR business partner, working closely with business leaders to translate their goals into effective people strategies. With the desire to have greater impact, she decided to pursue specialized roles in organizational development (OD), learning & development, and eventually, in diversity, equity, and inclusion. DEI is the culmination of her varied HR experience and personal passion for social justice that was fostered at an early age. Regina grew up in an underserved community that bordered some of the most affluent zip codes in the country.

ELEVATING BLISS: STRATEGIES FOR WOMEN LEADERS TO THRIVE WITHOUT BURNOUT

Regina Lawless

Founder & CEO, Bossy & Blissful LLC, USA

Growing up experiencing inequality firsthand makes her determined to work toward creating equal opportunity in the workplace and the world.

In 2021, Regina was appointed to the Board of the World Women Foundation and serves as an Advisory Council Member for the University of San Francisco's Engineering Program. She is a graduate of California State University, Sacramento, in Communication Studies and holds a Master of Science degree in Organization Development from the University of San Francisco. Regina is a Bay Area native and currently resides there with her partner, teenage son and their dog, Rocket. She is an avid reader, loves listening to music and podcasts, and practicing yoga.