



Gia Lacqua

**Chief Empowerment Officer, elivate
Author of PowerShift
International Speaker
Host of What The Shift**

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THE SHIFT FROM PERFORMANCE TO POWER

*Redefining success for
high-achieving women*

meet *gia*

Gia Lacqua is a former Fortune 100 Vice President turned Chief Empowerment Officer of elivate, where she empowers high-achieving women to lead with clarity, confidence, and authentic power. As a trauma-informed empowerment coach, speaker, researcher, and author, she draws on two decades of corporate experience and a decade of executive leadership, neuroscience, and trauma-informed practices to guide women in closing the "Truth Gap": the space between the life they're living and the one they're meant for. Her thought leadership has been featured in Forbes, Newsweek, Thrive Global, WorkLife, and more, and she is a proud member of the Forbes Coaches Council.

Beyond coaching and speaking, Gia is the author of the Limitless Little Leaders children's series and the forthcoming book PowerShift. She also serves as First Vice Chair of the Board of Directors for Girl Scouts of Northern New Jersey, advancing the next generation of female leaders. A Professional Certified Coach and Certified Neurological Fitness™ Trainer, Gia blends research, lived experience, and bold leadership to help women shift from performance-driven success to purpose-driven self-leadership.



POWER SHIFT

Women today aren't just busy—they're saturated. With expectations, invisible labor, and roles that reward performance over presence. PowerShift names what so many high-achieving women feel but haven't had language for: success that looks impressive on the outside, yet feels hollow, exhausting, or disconnected on the inside.

PowerShift isn't about productivity or balance. It's about priority.

Through research, real-world leadership experience, and identity-level strategy, Gia introduces a new model for success—one that helps women reclaim clarity, trust themselves again, and make decisions from alignment instead of obligation.

Who this book is for:

High-achieving women who feel successful—but depleted or disconnected

Leaders navigating burnout, transition, or identity shifts

Organizations seeking sustainable leadership models that don't rely on self-sacrifice

Core outcomes:

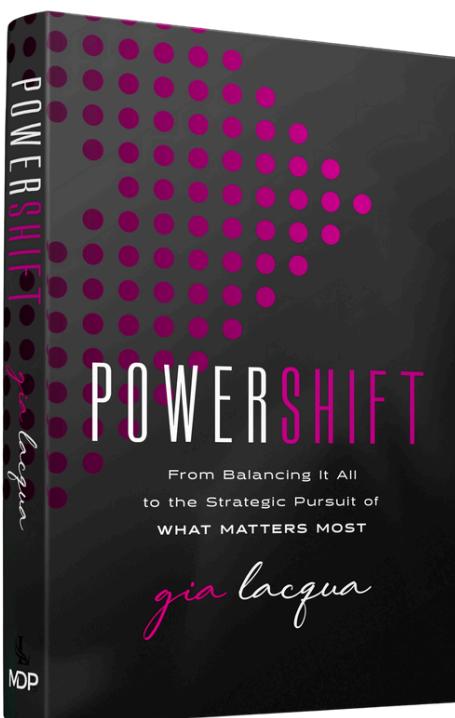
Break the “never enough” cycle

Rebuild self-trust and internal authority

Shift from overfunctioning to Strategic Capacity

Lead with clarity, confidence, and impact—without burnout

PowerShift is both a personal reckoning and a leadership blueprint for the next era of work.



PowerShift names the real cost of ‘doing it all’ and gives women a smarter way forward. The framework builds clarity, protects capacity, and turns scattered effort into focused results.

— Garrett Wood, NBC-HWC, CCHt, Founder of Gnosis Therapy

PowerShift is a refreshing reminder that success isn’t about doing more—it’s about aligning with what truly matters.

— Barb Betts, CEO, Keynote Speaker, Podcast Host

signature topics

- ✓ **The Quiet Crisis:** Key insights from Gia's national study on working women, emotional labor, and the hidden cost of success.
- ✓ **Confidence Isn't the Problem:** Why high-achieving women don't lack confidence—they lack alignment.
- ✓ **The Overachiever Archetype:** How early survival roles quietly drive busyness, perfectionism, and burnout in high-performing leaders.
- ✓ **Say the Hard Thing:** The neuroscience of suppressed truth—and how silence is keeping women stuck, settling, and sick.
- ✓ **The Never Enough Cycle:** Why high-achieving women feel unfulfilled—and what's really driving it beneath the surface.
- ✓ **Radical Prioritization®:** A new model for sustainable success that replaces hustle with identity-level strategy.

suggested questions

For Podcasts, Panels, and Media

- Why are productivity tools failing the very women they're supposed to help?
- You say "fix the strategy, not the woman." Can you break that down for us?
- You created the *Say the Hard Thing* method. What's the psychology behind that—and why is truth so hard for women to speak out loud?
- You often say, "When your energy is everywhere, your presence is nowhere." What do you mean by that?
- You say burnout isn't the problem—it's the symptom. What's actually causing it?
- Why do so many capable, successful women feel disconnected or unfulfilled despite "having it all"?

For Organizations & Leadership Audiences

- Tell us about your research—what did The Quiet Crisis reveal that organizations and leaders need to hear?
- How can organizations support women without reinforcing burnout culture?
- You challenge the idea that women need more confidence training. From an organizational perspective, what are we getting wrong?

client testimonials

"Gia is a truly inspirational speaker. Her talk "Unstoppable - Expanding your Capacity for Success" really resonated with our women's network."

"Gia shared invaluable insights related to internal and external expectations, self-identity and the role it plays in our lives, and overcoming the worth wound. Gia led us through thought exercises to identify patterns holding us back for success. It was a incredibly empowering session - Gia is simply phenomenal, 10/10!"

"Because attendees felt as if they were in a safe space, Gia's keynote evoked very authentic and passionate responses."

"Gia very quickly identifies what may be holding you back or creating feelings of self-doubt, and then paves a clear path to you helping yourself achieve what you believe to be possible! The return on investment is lifelong, not just the length of the engagement."

as featured in

Newsweek



Forbes

WorkLife



"Simply incredible! The experience surpassed my expectations and Gia delivered a truly inspirational session. Her passion and honesty came through the talk that was professionally delivered and grounded in research. Our survey feedback provided a rating of 4.9/5 stars."

"Gia offered an inspiring, honest, and impactful account of her experiences and the common lived experience for most women. Gia was professional, prepared, and a true pleasure to work with."

"Delivered with passion and professionalism that resonated with the audience."



Why Gia Lacqua Resonates With Audiences

- Combines Fortune 100 leadership experience with national research
- Names what high-achieving women feel, but rarely say out loud
- Moves conversations from awareness and inspiration to action
- Speaks to individuals and systems—without blame
- Delivers insight that resonates emotionally and translates strategically

Let's Make Shift Happen



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[What The Shift](#)



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