



LATRICE TORRES

Founder & CEO

Career Strategist

Workshop Facilitator

TEDx Speaker

Author



Authentic Leadership: Human-Centered and Results-Driven

ABOUT LATRICE

Latrice Torres is the Founder of LeaderKeys Consulting™, a career strategy and leadership development firm supporting professionals and organizations through high-impact facilitation, coaching, and speaking. With extensive experience across talent, leadership development, and employee engagement, Latrice helps leaders build clarity, presence, and momentum—especially those navigating growth, transition, and visibility. She is a TEDx speaker and a contributing author in *Triumph in the Trenches, Vol. 3*.

ABOUT LEADERKEYS CONSULTING™

LeaderKeys Consulting™ helps professionals and organizations strengthen leadership capability through human-centered strategy and practical execution.

Core areas:

- Career Strategy & Career Transitions
- Leadership Development & Executive Presence
- Facilitation, Workshops, and Learning Experiences
- Talent, Engagement, and People-Centered Growth Strategies

Signature outcome: clarity + confident action—supported by structure, tools, and measurable progress.

TEDxLakeAlfred — What Happens When You Stop Apologizing for Existing

Contributing Author — *Triumph in the Trenches, Vol. 3*

NOTABLE CLIENTS / EXPERIENCE

- DTCC — leadership experience for 90 leaders
- Faherty Brand — employee audience of 5,000+
- Amgen — employee audience of 9,000+
- Stitch Fix — leadership experience for 40 leaders

SIGNATURE TOPICS (Speaking / Workshops / Panels)

People-Centered Leadership Development

HR Truths Black Professionals Should Know Sooner

Leading Without Apology: Voice, Presence, and Power

Executive Presence That Feels Like You

Career Reinvention: Moving With Clarity and Strategy

The Cost of Shrinking and How to Stop

MEDIA / PROGRAM NOTES

60-Second Host Intro (Copy/Paste)

“Today we’re joined by Latrice Torres, Founder of LeaderKeys Consulting™. Latrice is a career strategist and leadership development facilitator, a TEDx speaker, and a contributing author in *Triumph in the Trenches*, Vol. 3. Her work helps leaders stop shrinking and start leading with clarity, presence, and confidence.”

Suggested Interview Angles

- Why high-achievers apologize for existing (and how to stop)
- The hidden habits that keep leaders invisible
- Career reinvention: strategy that works in a tough market
- 5 HR secrets Black professionals should know sooner
- Building executive presence without performing

“

I am delighted to recommend my executive coach, Latrice Torres, SHRM-SCP, who has been an invaluable support in navigating my career challenges. She helped me recognize my value and the unique contributions I bring to the table as a clinical development leader. Her guidance pushed me to strive for greater achievements and encouraged me to seek proper acknowledgments for my contributions.

To further advance my career, Latrice guided me to take a deep dive into my professional presentation. Rather than focusing solely on individual skills, she emphasized the importance of communicating the overall impact I've had in my career. This shift in perspective has been transformative in how I view and convey my professional journey.

Overall, her insights and support have empowered me to grow as a leader and present myself with confidence and clarity. I highly recommend Latrice to anyone looking to elevate their career and personal growth.

— Shardae Showell, Biogen, LeaderKeys Career Coaching Client

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