

MEDIA KIT



Latrice Torres
2026

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ABOUT LATRICE

Author
Founder
Facilitator
TEDx Speaker
Career Strategist

BIO FOR PRESS

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**.

- **Get the Book:**
leaderkeysunlocked.com/keystotriumph
- **Speaker Kit:** leaderkeysunlocked.com/speaker-kit
- **Speaking/Media Requests:**
calendly.com/leaderkeys/speaking-engagement

ABOUT



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.



Latrice from LeaderKeys Consulting led a fantastic group coaching session for our Women's ERG Impact Leaders. As co-chair, I appreciated the seamless planning process and communication, which fit well with our busy schedules. The session was engaging and impactful, and our team is excited to collaborate more effectively towards our goals.

~ Wendy Phillips English, Anywhere Real Estate ~

TEDx

**COMING
SOON**

Lake Alfred

What Happens When You Stop Apologizing for Existing

In this talk, Latrice explores what it costs high-achievers to shrink, over-explain, and apologize for their presence—and what becomes possible when they lead with clarity, visibility, and voice.

Press:

<https://www.msn.com/en-us/news/us/tedx-event-aims-to-bring-thought-provoking-chats-to-lake-alfred/ar-AA1VueEf?ocid=BingNewsSerp>

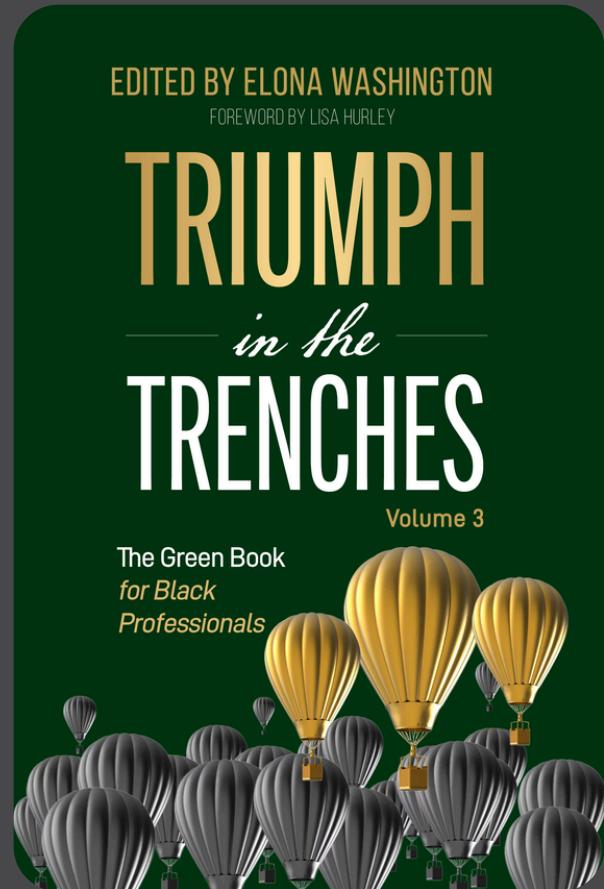


CO-AUTHOR

Triumph in the Trenches, Vol. 3

Chapter:
5 HR Secrets Every Black Professional Should Know

Editor: Elona Washington
Foreword: Lisa Hurley



Reader takeaway:

Practical, real-world insight designed to help Black professionals navigate workplace dynamics with more strategy, agency, and confidence.

CLIENTS / EXPERIENCE

STITCH FIX



AMGEN

THE PARTNERSHIP, INC.
WHERE DIFFERENCES DRIVE SUCCESS®



the great
exhale™
A Soft Space for Black Women

Mindset Strategies



DTCC

 The Five Behaviors
A Wiley Brand

 Anywhere™

SIGNATURE TALK TOPICS



What Happens When You Stop
Apologizing For Existing



Career Reinvention: Make Moves
with Clarity and Strategy



Get Yo' Money: Level Up to
TOTAL Compensation



People-Centered Leadership
Development That Sticks



Confirmed: HR Truths for Black

TESTIMONIALS

Latrice is an amazing and super professional speaker... fun and engaging but provided great actionable items that we can all apply... 10/10 would highly recommend!

– Carmen Johnson, Founder, Capitol Revenue Consultants



Latrice was a moderator for our Truth Talk series and was absolutely invaluable... I would recommend Latrice 1,000 times over and looking forward to continuing our partnership!"

– Takia Cushnie, Director, People & Culture, Faherty Brand



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



See More: <https://www.linkedin.com/in/latrice-torres/details/recommendations/>

MEDIA 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 Black professionals 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

Fast Facts

- TEDxLakeAlfred
- Co-Author - *Triumph in the Trenches*
- Chapter: 5 HR Secrets Every Black Professional Should Know
- Client Experience: DTCC, Faherty Brand, Amgen, Stitch Fix
- Booking: <https://calendly.com/leaderkeys/speaking-engagement>
- Questions: [Hello@LeaderKeysUnlocked.com](mailto>Hello@LeaderKeysUnlocked.com)

BIOS

400 words

Latrice Torres is the Founder and CEO of LeaderKeys Consulting, where she helps professionals—especially Black women—navigate career transitions and step into leadership with clarity, confidence, and a values-aligned strategy. With 22 years of corporate experience spanning HR, talent management, leadership development, and employee engagement, Latrice is known for translating “corporate complexity” into practical, people-centered action.

As a career strategist, speaker, and facilitator, Latrice supports clients who are leveling up into people manager and Director-level roles, pivoting industries, preparing for executive visibility, and building portfolio careers that include consulting and paid board opportunities. Her work blends human-centered coaching with AI-assisted tools that accelerate clarity, strengthen messaging, and streamline execution—without losing the personal nuance required to make a career move sustainable and true.

Latrice is a contributing author in *Triumph in the Trenches*, Vol. 3, with a chapter titled “5 HR Secrets Every Black Professional Should Know” (releasing February 6, 2026). In this chapter, she offers insider insight on workplace dynamics and career protection—helping professionals understand how decisions get made, how to interpret performance feedback, and how to advocate for themselves while preserving career equity and options.

In February 2026, Latrice takes the TEDxLakeAlfred stage with her talk, “What Happens When You Stop Apologizing for Existing.” Her message challenges high-achieving professionals to unlearn the reflex to over-apologize, over-explain, and shrink for approval—and instead lead with presence, self-trust, and unapologetic clarity.

Whether coaching one-on-one, facilitating leadership development for teams, or delivering keynotes, Latrice equips audiences with grounded, actionable frameworks that support professional growth and personal well-being. She is based in the New York Metro area and works with clients and organizations nationwide.

BIOS

300 words

Latrice Torres is the Founder and CEO of LeaderKeys Consulting, where she helps professionals—especially Black women—navigate career transitions and lead with clarity and confidence. With 22 years of corporate experience in HR, talent management, leadership development, and employee engagement, she brings a practical, people-centered approach to career growth and leadership visibility. Latrice supports clients who are stepping into people manager and Director-level roles, pivoting industries, preparing for executive opportunities, and exploring consulting or portfolio careers. Her work blends human-centered coaching with AI-assisted tools that help clients accelerate clarity, strengthen messaging, and move forward with purpose.

She is a contributing author in *Triumph in the Trenches, Vol. 3* with her chapter, “5 HR Secrets Every Black Professional Should Know” (releasing February 6, 2026), offering insider insight on workplace dynamics, performance narratives, and career protection. In February 2026, Latrice takes the TEDxLakeAlfred stage with her talk, “What Happens When You Stop Apologizing for Existing,” challenging high-achieving professionals to stop shrinking for approval and lead with presence, self-trust, and unapologetic clarity.

Latrice is an author, speaker, and facilitator based in the New York Metro area, partnering with clients and organizations nationwide.

BIOS

200 words

Latrice Torres is the Founder and CEO of LeaderKeys Consulting, helping professionals—especially Black women—navigate career transitions and step into leadership with clarity and confidence. With 22 years of corporate experience across HR, talent management, leadership development, and employee engagement, she brings a grounded, practical approach to career growth and executive visibility. Latrice coaches clients as they move into people manager and Director-level roles, pivot industries, and explore portfolio careers that include consulting and paid board opportunities. Her work blends human-centered coaching with AI-assisted tools that accelerate clarity and strengthen career messaging.

She is a contributing author in *Triumph in the Trenches*, Vol. 3, with her chapter “5 HR Secrets Every Black Professional Should Know” (releasing February 6, 2026), which offers insider guidance on performance narratives, workplace dynamics, and career protection.

In February 2026, Latrice takes the TEDxLakeAlfred stage with her talk, “What Happens When You Stop Apologizing for Existing,” inviting high-achieving professionals to stop shrinking for approval and lead with self-trust and presence.

BIOS

100 words

Latrice Torres is the Founder and CEO of LeaderKeys Consulting, where she helps professionals—especially Black women—navigate career transitions and step into leadership with clarity and confidence. A seasoned HR and talent leader with 22 years of corporate experience, she coaches clients through role elevation, industry pivots, and executive visibility. Latrice is a contributing author in *Triumph in the Trenches, Vol. 3* with her chapter “5 HR Secrets Every Black Professional Should Know” (releasing February 6, 2026). She will take the TEDxLakeAlfred stage in February 2026 with her talk, “What Happens When You Stop Apologizing for Existing.”

60 words

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30 words

Latrice Torres, Founder of LeaderKeys Consulting, helps professionals—especially Black women—navigate career transitions and leadership growth. She’s a *Triumph in the Trenches, Vol. 3* contributing author and TEDxLakeAlfred speaker.

Topics at-a-glance: Career transitions, leadership visibility, workplace equity, and unapologetic communication.”



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