

Leadership Lessons from Prison

**Leadership that builds clarity,
accountability, and connection**

Shannon Talbot

LEADERSHIP SPEAKER & FACILITATOR



A Note from Shannon

Thank you for taking the time to consider me for your event.

I know selecting a speaker is about more than content – it's about finding someone who will resonate with your audience and deliver something meaningful, practical, and memorable.

My work is grounded in real-world leadership experience. After 17 years in corporate leadership roles, I began mentoring incarcerated men in a medium-security prison – an environment where leadership is stripped of titles, hierarchy, and excuses. That experience reshaped how I think about accountability, clarity, and what it truly means to lead.

I bring those lessons into organizations to help leaders reflect on how they show up, the conversations they avoid, and the impact of their decisions. My goal is not to motivate for a moment, but to offer perspectives that leaders continue to think about long after the event ends.

If this resonates with the challenges your leaders are facing, I'd love to explore how we could work together.

Shannon



Signature Keynote

Leadership Lessons from Prison

Real lessons in vision, accountability and support.

What can a prison environment teach us about leadership? More than most workplaces ever will.

Stripped of titles and distractions, the men Shannon Talbot mentors in a medium-security prison model a version of leadership rooted in self-awareness, vulnerability, and responsibility. In “Leadership Lessons from Prison,” Shannon draws on 15+ years of corporate leadership and powerful stories from behind the walls to show what’s possible when leaders make time for vision, take full ownership of outcomes, and surround themselves with the right support.

Leaders walk away with practical insight into how vulnerability builds trust, how accountability fuels meaningful progress, and how strong support systems turn potential into real change.

It’s an unexpected and deeply human reminder of what leadership looks like at its best.

Participants will walk away with:

- A renewed understanding of how a clear, shared vision drives alignment and performance.
- A modern definition of accountability – taking responsibility for results, not just effort – and how to model it as a leader.
- A practical framework to identify and build the support systems needed to lead with clarity, courage, and authenticity.



**SHANNON
TALBOT**

Keynote

The Case for Your 9-5 Family

Why Connection is the Culture Strategy You've Been Missing

In this powerful, story-rich, and practical keynote, Human Connection Expert Shannon Talbot challenges outdated norms of workplace professionalism. Drawing from her early leadership experience at Scotiabank—where fun and belonging drove results—she makes the compelling case that connection is not a soft skill; it's a leadership strategy.

Through her 5-part Connection Blueprint, Shannon equips leaders to build cultures where people feel seen, supported, and inspired to stay, not just for the job, but for the people. This talk is a rallying cry to rethink professionalism, rehumanize the workplace, and lead with the heart as well as the head.

Imagine how much more your team could accomplish if connection became their superpower.

Leaders will learn how to:

- Strengthen trust to improve engagement, retention, and cross-team collaboration
- Identify and address hidden friction points that quietly drain morale and performance
- Use connection as a lever for accountability, innovation, and real results



SHANNON
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Keynote

Thriving Through Change

Turning uncertainty into clarity, curiosity and connection

In today's world, change isn't a phase; it's a constant. Yet while technology evolves, organizations shift, and mental health challenges rise, one truth remains: how we show up as leaders determines whether our teams simply survive change or thrive through it.

In "Thriving Through Change", Shannon Talbot blends her global leadership experience with powerful, relatable stories to help leaders face uncertainty head-on. Through real talk, not buzzwords, she offers a human-centred approach to leadership that prioritizes clarity, curiosity, and connection. With humour, insight, and practical strategies, Shannon challenges leaders to stop waiting for stability and to start building the resilience needed for what's next.

Whether you're leading through growth, restructuring, or rising team stress, this talk will help you lead with clarity, curiosity and connection through uncertainty.

Participants will:

- Learn how to support their team's well-being and adaptability during times of high change and pressure.
- Walk away with actionable tools to lead with clarity, even when they don't have all the answers.
- Discover how to foster a culture of trust, resilience, and curiosity, starting with how they show up.



Trusted By Leaders At:





About Shannon

- 15+ years of corporate leadership experience
- MBA, Schulich School of Business
- Chair, MacKay CEO Forums
- Author of Breaking Free, finalist for the National Indie Excellence Awards
- Featured on CBC Radio, Breakfast Television, Business Insider and Today's Parent

Keynotes available in 30–90 minute formats.
Workshops also available.

To Book Shannon

To learn more about bringing Shannon to your next event, please contact us at info@shannontalbot.com or 416-434-6073.

<https://shannontalbot.com>