



The Story of Lizette Volkwyn — Truth. Courage. Transformation.

From humble beginnings as a behavioural coach in South Africa to standing on international stages, Lizette Volkwyn has become a voice for truth and transformation across more than 20 countries.

As a **Master Life Coach, NLP Practitioner**, and one of only **two certified Human Lie Detection Specialists** in South Africa, Lizette has dedicated over two decades to understanding what makes people tick — and how they can rise above fear, ego, and conditioning to become *1% better than yesterday*.

Her message was forged through thousands of one-on-one sessions, corporate training rooms, and keynote stages — from **Discovery Health, Momentum, Alexander Forbes, DHL Logistics**, to **the Swedish Embassy** — where she's guided leaders, teams, and individuals to find their authenticity and communicate with purpose.

Lizette doesn't speak *to* audiences. She speaks *into* them — bridging science, soul, and strategy in a way that makes every listener feel seen, challenged, and ready to take ownership of their growth.

Her approach is simple yet revolutionary:

Transformation doesn't happen in giant leaps — it happens in moments of truth.

That one decision to show up differently, to have the honest conversation, to reclaim your own power... that's where courage begins.



Keynotes That Move People and Cultures



The 1% Better Mindset

A movement born from Lizette's life philosophy. This keynote reveals how micro-choices create macro impact — igniting personal growth, team alignment, and a culture of progress.



Truth in Communication

From her acclaimed book *Decode Deceit*, Lizette dives into the power of emotional awareness, body language, and credibility cues — transforming the way organisations lead, negotiate, and connect.



Triumph in Vulnerability

The talk that breaks walls. Drawn from *Triumph in Vulnerability*, Lizette explores how vulnerability, honesty, and courage redefine leadership and human connection.



Emotional Intelligence Unplugged

Forget the buzzwords — this is Emotional Intelligence in motion. Lizette equips audiences with actionable EQ strategies for influence, performance, and sustainable wellbeing.

☀️ Credentials That Build Trust

- **Certified by Paul Ekman International** (London) in *Evaluating Truthfulness & Emotional Skills*
- **Internationally Certified MCeFF EQ Consultant** through the e-Factor Institute (Manchester) — one of only 24 worldwide
- **Business Excellence Award for Coaches & Mentors**
- **Transformational Life Coach of the Year 2025** (South Africa)
- **Nominated Best Global Coach 2024** by *Rise to Great Heights*
- Author of three bestsellers: *Finding Me*, *Decode Deceit*, *Triumph in Vulnerability*
- Featured in international media across the **USA, UK, and South Africa**



👤 The Experience of Lizette on Stage

Audiences describe Lizette as “the voice that dares you to be real.”

Her keynotes are not performances — they are *experiences*. Each one blends vulnerability, humour, behavioural insight, and truth so powerfully that people walk away lighter, braver, and deeply connected to themselves and their teams.

“Lizette doesn’t just speak — she shifts the room.” — Discovery Leadership Event

“Her authenticity is magnetic. You don’t just listen; you *feel*.” — YPO Harare

🔑 Bring the 1% Better Movement to Your Organisation

Every engagement is tailored — from keynote stages and corporate retreats to leadership intensives and virtual masterclasses.

🎤 Book Lizette Volkwyn for your next event

🌐 www.lizettevolkwyn.com

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