



## **Short Bio**

**Princess Castleberry is disrupting the leadership capacity crisis with her Live, Lead, and Build Leverage™ system.**

She is a leadership capacity strategist — keynote speaker and author of *The Truth Is in the Trigger: Decode the Triggers Driving Your Stress and Burnout*.

With more than two decades of Fortune 500 risk management experience, she brings what organizations need most — the insight, energy, and creativity of someone who has led through real crises and conflict where leadership decisions matter most.

She partners across the global business events industry, delivering keynotes, immersive experiences, and education that strengthen judgment, alignment, and execution. Pressure demands capacity. Princess builds it.

**Detailed Bio: <https://www.princesscastleberry.com/about>**