

EMILY GOODSON

Holding Space for Personal & Organizational Transformation



At age eight, Emily experienced a childhood brain injury, resulting in partial paralysis on one side of her body.

After this injury, Emily faced a host of emotional and physical challenges, achieved significant recovery, and emerged empowered to educate others on the potential for personal and workplace transformation.

Emily's creative work has been featured in the LA Times as well as in several photo gallery exhibits, sponsored by Disability Rights Now and the Bold Beauty Project.

In addition to these endeavors, Emily provides consulting services to help organizations, ranging from start-ups to major production companies, build inclusive workplaces and address systemic talent challenges.

PERSONAL DEVELOPMENT

Optimize Growth

Learn practical tools I use to reach greater success both personally and professionally.

Expander Moments

Understand my journey during the pandemic and reframe your past challenges to maximize performance.

Disability Stigma

Experience how I found my voice by overcoming the shame internalized in us by the media and labels.

IN THE WORKPLACE

Strengths

Determine how your unique strengths can be maximized to grow yourself and your team.

Emotional Intelligence

Apply and develop the different dimensions of emotional intelligence for greater happiness.

Psychological Safety

Create an environment where people feel more encouraged to share ideas and admit mistakes.

TESTIMONIALS

"Bringing Emily to speak at my diversity, equity and inclusion trainings produces the highest feedback ratings I've seen. With grace and poise, Emily uses her lived experiences to introduce concepts of disability that set the foundation for a broad and deep discussion about equity and inclusion. It's a challenging time for practitioners to build workplace culture; having Emily as a resource has been critical for affirming the identities and experiences of my teams."

--Steven Huang, MAPS

"Emily is able to take an idea and form it into a truly captivating speaker session. I came to her looking for a guest speaker to bring our company values to life and dive deeper into how we can best utilize our strengths to move forward as one team. She not only created an enticing presentation but also included a facilitated workshop. Emily is a clear, thorough, and captivating storyteller able to bring a vague idea to light. I can't wait to work with her again."

--Grace Huiberts, Kyte

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