

## **Keynote Bio**

Elle O'Flaherty is a sought-after keynote speaker and facilitator who consistently draws large crowds. Her goal is for participants to walk away with meaty new learning with practical applications. Elle has been published in national and international outlets and speaks on topics including productivity, professional motivation, creating ADHD-friendly environments, and workplace culture, and innovations to support mental health, among many others.

Following a 17+ year legal career and certifications in ICF-accredited executive, ADHD, and career coaching, Elle founded Interlace Solutions, a coaching firm dedicated to tapping into clients' potential to accelerate their achievement. Her team coaches executives, executive teams, and professionals with a subspecialty in ADHD coaching. Some popular areas of coaching are leadership, productivity, workplace culture, prioritization, organization, and building upon ADHD strengths, among many others.

Elle is a subject matter expert on international agricultural trade, which doesn't come up often. She lives in Washington, DC with her dog Penny, who is the most beautiful dog in the world, obviously. And a great family, but the dog is hard to beat.

## **Presenter Bio**

Following a 17+ year legal career and certifications in ICF-accredited executive, ADHD, and career coaching, Elle O'Flaherty founded Interlace Solutions, a coaching firm dedicated to tapping into clients' potential to accelerate their achievement. Her team coaches executives, executive teams, and professionals with a subspecialty in ADHD coaching. Elle is a sought-after keynote speaker and facilitator who consistently draws large crowds. Her goal is for participants to walk away with meaty new learning for practical application. Elle has been published in national and international outlets and speaks on productivity, professional motivation, creating ADHD-friendly environments, and innovations to support mental health, among other topics.

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