

Tessa Parry-Wingfield

KEYNOTE SPEAKER & MODERATOR

Equipping senior executives and leadership teams to earn trust through clear, courageous communication.



[LINKEDIN](#)



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LONDON, UK



TRAVELS INTERNATIONALLY



ABOUT TESSA

Tessa Parry-Wingfield has spent 25 years equipping senior executives and leadership teams to communicate when the stakes are high. She built a six-figure consultancy on finding the right words, often in the hardest moments. Then a rare eye cancer diagnosis put everything she'd learnt - and taught - to the test.

Tessa had her eye removed with two weeks' notice and used every framework she'd ever built to communicate through the toughest chapter of her life. A TEDx speaker, former journalist and media trainer, she talks about the importance of clear, courageous communication through The Seeing Clearly Method™.

SIGNATURE KEYNOTES



Duration:
20 / 45 / 60 min



Audience:
50 to 2,000+



Language:
English

EDUCATIONAL

The High Stakes Communicator
Leading in the midst of a communications crisis

Every leader has conversations they'd rather avoid. Restructures. Redundancies. Rejections. Many default to corporate-speak or silence. Add in AI, and trust is being eroded at meteoric speed.



This talk gives leaders a 3-step method to rebuild a communication culture.

Audiences walk away with:

- Why we must communicate with courage when the stakes are high
- How to reclaim our human advantage in an AI age
- A 3-step Seeing Clearly Method™ - to use the next day

Ideal for:

Leadership conferences, senior leadership away days, internal communications teams, organisations navigating change.



PERSUASIVE

The Unequivocal Businesswoman
Finding your voice when it matters most

Women in business often face a communication conundrum. Too assertive or too soft. Aggressive vs incompetent. And the pressure to sound 'right' instead of real is greater, in a distrustful AI world.



This talk proves that learning to speak clearly is a career advantage.

Audiences walk away with:

- Why women are uniquely positioned to lead through our AI trust crisis
- How to communicate confidently and persuasively
- A clear framework to sound real, not just 'right'

Ideal for:

Women in leadership events, International Women's Day programmes, corporate networks, female talent development.



MOTIVATIONAL

The Perspective Reset
Seeing clearly before life forces you to

Many professionals are living in a fog. Exhaustion dressed up as ambition. Overwhelm disguised as productivity. We keep going, as if we are waiting for our wake-up call.



This talk forces you to see your blind spots - before a crisis hits.

Audiences walk away with:

- Why busy-ness gets mistaken for high performance
- How honest communication with yourself and others is key
- A personal, stark view of professional overwhelm through Tessa's story

Ideal for:

L&D programmes, team away days, wellbeing events, charity and fundraising events, keynote closing slots.





AUDIENCES LEAVE EMPOWERED & ENERGISED

- A repeatable framework for hard conversations
- Higher trust from transparent leadership
- Permission to drop corporate-speak and lead with truth
- Reduced reputational risk during sensitive moments
- Confidence to communicate clearly under pressure
- Practical tools teams apply the next day

KEYNOTES

VIRTUAL

WORKSHOPS

FIRESIDE CHATS

MC/ HOST/
INTERVIEWING

TRUSTED BY



STYLIST

BBC
RADIO



WHAT PEOPLE SAY ABOUT TESSA

”

Unless Michelle Obama offers to compere any of my next events, Tessa is my go-to woman!

Euphrasie Mundeke Kilolo
Enterprise Support Officer

”

Tessa is a generous and fluent storyteller, giving the audience insight into her journey, as well as hope and take homes.

Jeremy Langmead
Brand & Content Director, MR PORTER

”

Tessa held the room beautifully, kept the energy flowing, and brought warmth, humour and real presence to the whole event.

Helen Roberts
CEO, CPG Consulting

”

Tessa develops a deep connection with the audience - thanks to her strong communication skills and compelling narratives.

Kerrie Palmer
Associate Director, Burson Buchanan



Book Tessa for your next event

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