

DR. JUDITH WRIGHT

Live. Love. Lead.



Media Kit 2024

- ◆ Lifestyle and Relationship Expert
- ◆ Inspirational Speaker
- ◆ Best-selling Author
- ◆ Corporate Consultant
- ◆ World Class Coach
- ◆ Social-Emotional Intelligence
- ◆ Women's Empowerment Expert



About



Need an experienced, knowledgeable, media-savvy expert for insights on self-help, relationships, lifestyle, leadership, breaking bad habits, women's issues, business and personal dynamics, and more? Look no further.

Media favorite best-selling, award-winning author educator Dr. Judith Wright brings decades of wisdom from research, coaching, training, and guiding thousands of people to live their best lives. Recognized as a leading figure in personal and professional development, she has been featured in over 1,000 interviews and appearances globally, bringing her valuable, actionable insights to any discussion.

From the moment she walks into a room, the energy shifts. The substance and quality Dr. Judith brings, the quiet certainty exuding power and influence, is beautiful to behold. Her strength comes from her strong will and big heart, which she has manifested since childhood. At age 4, she was able to command a stage. By 12, she was voted president at a high school international leadership camp of high school juniors and seniors. She is a true leader of leaders.

Currently CEO of LiveWright, a cutting-edge coaching, training, and consulting company, Judith was the Co-founder, Chief Academic Officer, and Professor of Transformational Education of the accredited Wright Graduate University for the Realization of Human Potential, and co-founder and president of the Wright Foundation, a coaching, training, and consulting organization for personal and professional growth. She founded SOFIA (the Society of Femininity in Action), providing revolutionary leadership training for women and women's empowerment. Dr. Judith Wright's perspective goes beyond unique and sits on the borders of innovative and life-changing.

“One of the most sought-after self-help gurus
in the country”

– San Francisco Chronicle



Excellence is a minimum for her.

This makes sense for someone who has built a career on guiding others to better know and love themselves. Judith is a respected leader in female empowerment and a revered educator, speaker, coach, author, and lifestyle and relationships expert. Her life's mission is to open hearts and minds to infinite possibilities and offer people tools to lead a life of "more."

To do this, Judith helps people wake up to the world around them.

She focuses on creating heightened consciousness and self-awareness, grounded in radical responsibility, and teaches individuals to embrace and express their emotions as well as foster more satisfying relationships. Judith has an uncanny ability to see past the surface of a person and gently peel back the layers to evoke their innermost essence. Ultimately, she facilitates growth and transformation by empowering people to discover what it means to expand from their core essential self and realize something greater.

Judith's novel approach integrates sound research with spirituality, love, humor, and wisdom to transcend the standard offering of women leaders today. She fully embraces the masculine and the feminine, the doing and the being, to provide a holistic perspective that encourages individuals, and women especially, to recognize and honor their unique superpowers.

**"One of America's ultimate experts"
– Woman's World Magazine**

According to Judith, we each have been given gifts to utilize and experience in the divine symphony of life.

It's up to us to do the work and uncover them. Only then can we fully live, love, and lead.

Speaking



Dr. Wright is a sought-after speaker, bringing new life and expertise to topics in leadership, women's training and development, relationships, wellness and lifestyle, career fulfillment, and spirituality with an extensive history of dynamic and engaging presentations with countless businesses and organizations. Dr. Wright is available for speaking engagements for national and local organizations, trade shows, conferences, seminars, civic groups, and other groups.

Judith has delivered keynote addresses and presentations for companies and organizations such as:



Signature talks



Relationships

- ◆ Live the Love You Want
- ◆ Fighting Fair and Loving Well
- ◆ The Myths of Intimacy and the Rules of Engagement
- ◆ The Neuroscience of Connection

Transformation and Leadership

- ◆ Bring Out the Best
- ◆ What You Can Be, You Must Be
- ◆ Leadership from the Inside Out

Social Emotional Intelligence

- ◆ From Spark to Fire: Ignite Your Social and Emotional Intelligence

Women's Leadership and Women's Issues

- ◆ Her Story: A New Formula for Success
- ◆ The Feminine Leadership Advantage
- ◆ Feminine Leadership in the Modern Workplace
- ◆ Awaken Your Feminine Power
- ◆ Sex and the Brain: Men and Women at Work

Lifestyle

- ◆ The Soft Addiction Solution: More Productivity, Time, and Energy Can Be Yours!
- ◆ The Power of Authenticity
- ◆ The Secrets of Happiness: The Art and Science of Living a Fulfilling Life
- ◆ The Power of Self-Compassion

Purposeful Living and Leading

- ◆ The Neuroscience of Purpose

Things people are saying about Judith

“Judith Wright is the only person I know who can address a large audience and make you feel like you are in a small group. Her caring, skill, and ability to connect lead you to your own path.” – K.M.

“You are one of the best people in an interview or on stage that I’ve ever witnessed. Absolutely brilliant! Thank you for ‘doing the work’ to get to a level many can only dream of.”

– Robert White, founder, Chairman, and CEO of ARC International

“Judith Wright stimulates people to see new perspectives on their journey of personal and professional discovery.”

– Kathleen Schroeder, Former Vice President Training and Development, Bank One

“Through her ongoing teachings at the Society of Women Engineers events, Judith Wright has taught us the importance of saying Yes to MORE, both professionally and personally. She is an extraordinary speaker and inspiring person.”

– Jennifer Schmitt, Professional Development Conference Chair, Society of Women Engineers

“Judith Wright strongly and effectively challenges her audience to choose to live a better, deeper, more meaningful life. Speaking at our church, a diverse, mainstream United Methodist congregation, her honest, captivating approach encourages us to plumb the depths in search of a spiritual space in our heart and soul. No shame, no guilt. Just an invitation to dig deeply in order to life ourselves. She’s a ‘pusher’ of joy, contentment and purpose as the pathway to the best possible ‘high’.”

– Sue Howard Delves, Morgan Park United Methodist Church

Press about Judith

A media favorite, Dr. Wright has been featured as a lifestyle and relationship expert and coach in over 1,000 media appearances including Oprah, Good Morning America, the Today show, ABC's 20/20 and television, radio, podcasts, newspapers, and magazines across the globe, including:

Broadcast



and hundreds of radio and podcast interviews.

Print and Digital

San Francisco Chronicle

MENS FITNESS

mindbodygreen

HUFFPOST

Entrepreneur

InStyle

marie claire

CHICAGO SUN-TIMES

NEW YORK POST

GOOD HOUSEKEEPING

seventeen

Woman's World

VANITY FAIR

The Telegraph

GLAMOUR

Chicago Tribune

THE OKLAHOMAN

Orlando Sentinel

COSMOPOLITAN

Better Homes & Gardens

Reader's Digest

WORKING MOTHER

the knot

Budget Travel

SMARTLiving365.com

GRAND
Living the Ageless Life

eH
empowerHER

The Boston Globe

SUCCESS

hitched

fitness

REVELIST

BRIT+CO

Live
WRIGHT
WITH Judith

Selected coverage



[Google Talk](#)



[HerStory, Women's Expo](#)



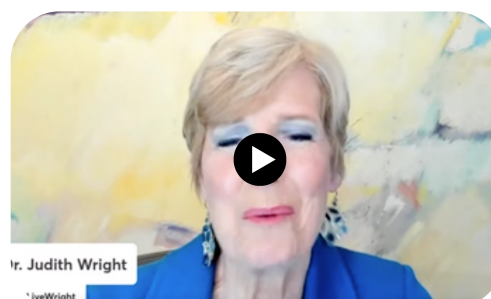
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[News Channel 5](#)



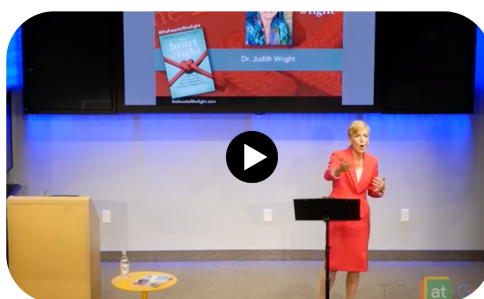
[Fox4Ward: How Fighting Saves Relationships](#)



[Inspired Money Podcast](#)



[CBS The Early Show: Soft Addiction Solution](#)



[Google talk on Relationships](#)



[The Harmony of the Masculine and Feminine](#)



[Wall Street Journal Lunch Break: Toilet Seat to Silent Treatment](#)



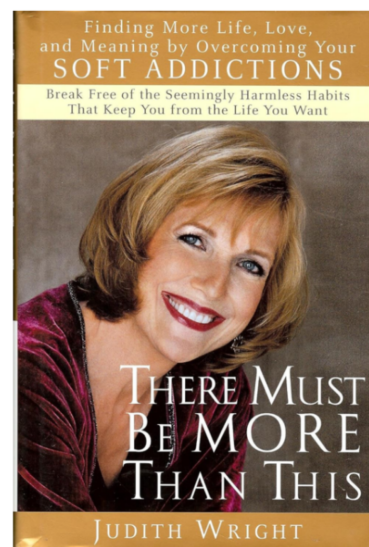
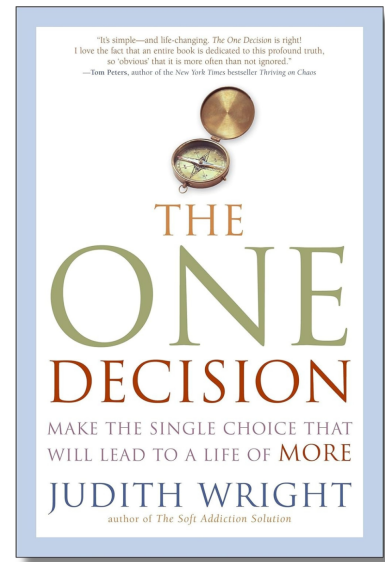
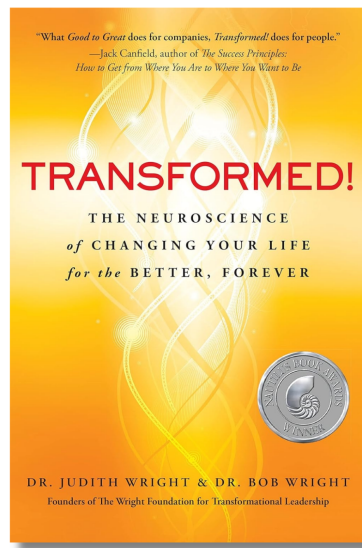
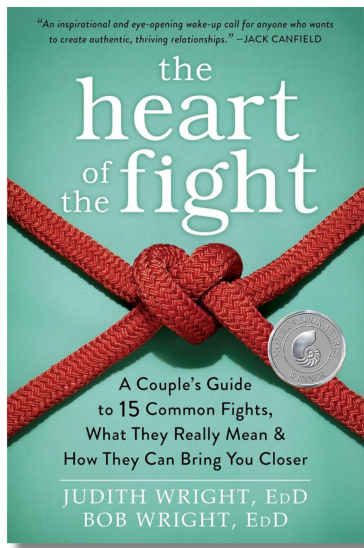
[NBC New Year's Resolution](#)



[Today Show-Addicted to ...Shopping](#)

See more in our [coverage archive](#).

Books by Judith



Contact



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