



INSPIRING DISCIPLINE. BUILDING LEADERS. LEAVING LEGACIES.



Lornette Daye

Olympic-Level Athlete & Coach

National Sprint Champion

Certified Speaker | Entrepreneur

Author | Youth Leadership Mentor

*“Leadership under pressure.
Discipline that lasts.
Resilience audiences remember.”*



30+

Years Developing
Discipline, Resilience
& Performance



500+

High Performers
Coached



National

Sprint Champion



Women's

Diversity Award
Recognition

FEATURED IN & RECOGNIZED BY

MILLIONAIRE
WOMAN



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Meet Lornette

Lornette Daye is an Olympic-level athlete and coach, national sprint champion, certified speaker, entrepreneur, author, and youth leadership mentor. With over 30 years of experience in high performance, she brings a powerful blend of real-world competition, coaching excellence, and transformational leadership.

Her mission is simple yet profound: to equip individuals and teams with the discipline, resilience, and leadership mindset needed to perform at their best—under pressure and in everyday life. Lornette doesn't just inspire—she delivers practical tools and strategies that drive lasting results and unlock potential.

WHAT AUDIENCES GAIN



COMPOSURE UNDER PRESSURE

Stay calm, focused, and effective when it matters most.



CLEARER DECISION-MAKING

Make confident, values-aligned decisions that lead to results.



STRONGER DISCIPLINE & ACCOUNTABILITY

Build habits and systems that create consistency and follow-through.



RESILIENCE TOOLS THAT TRANSLATE

Practical strategies that improve mindset, adaptability, and everyday performance.

WHAT INDUSTRY LEADERS SAY

“

Lornette brings keynote presence, discipline, and a message that connects deeply with audiences.”

Harriet Tinka

Founder/CEO, Empowered Me Inc.

“

Her coaching and transformational approach create real confidence, clarity, and growth.”

Ayo

CTO, Accounting Professional |
currently working as a Medical Professional

“

An exceptional youth track coach and mentor who knows how to develop people beyond performance.”

Shawna Randolph

Communications Specialist &
Media Relations Trainer

AVAILABLE FORMATS

	KEYNOTE	High-impact keynotes that inspire action, mindset shifts, and measurable change.
	WORKSHOP	Interactive sessions that build skills, strengthen habits, and spark transformation.
	PANEL OR FIRESIDE CHAT	Engaging conversations on leadership, performance, and resilience in action.
	STUDENT-ATHLETE SESSION	Motivational and practical sessions designed to empower and equip young leaders.
	VIRTUAL PRESENTATION	Dynamic virtual experiences that connect, engage, and deliver real impact.

Signature Keynote Experience

Road to the Olympics

A high-impact keynote that draws from the journey of an Olympic-level athlete and champion coach to deliver timeless leadership lessons. From the track to the boardroom and classroom, this experience reveals how bold leadership, discipline, resilience, and clear decision-making under pressure create the difference between participation and podium-level performance.

This is not just a story of sport—it's a playbook for success.



WHAT THIS KEYNOTE ADDRESSES



Pressure Without Clarity

Navigating uncertainty and competing demands when the path forward isn't obvious.



Discipline That Must Last

Building routines and standards that sustain performance—especially when motivation fades.



Resilience Through Setbacks

Bouncing back with perspective and purpose to keep moving toward your goals.

AUDIENCE TAKEAWAYS



Lead with courage

Step up with confidence and integrity, even when it's hard.



Choose action under pressure

Make clear, courageous decisions when it matters most.



Build disciplined habits

Create consistency that compounds into excellence.



Turn setbacks into momentum

Learn fast, adjust, and come back stronger.

IDEAL FOR

- Conferences
- Leadership Summits
- Student-Athlete Development
- Schools
- Women's Events
- Community Leadership Gatherings



Signature Outcome:

audiences leave with a practical framework for pressure, purpose, and performance.

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WOMAN



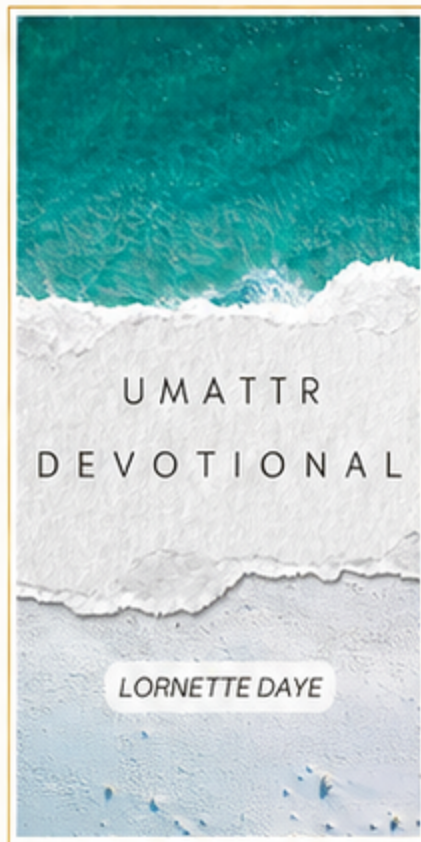
Books & Publications

Lornette Daye is a published author whose books extend her mission of leadership, resilience, faith, and personal transformation. Each title delivers practical tools, inspiration, and life lessons to help readers rise above challenges and lead with purpose.



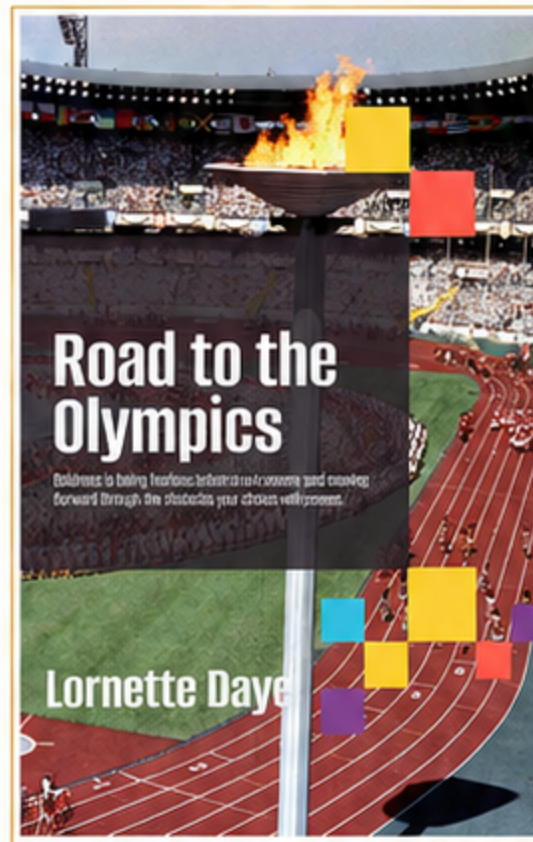
Surviving Life

Inspiration for navigating life's challenges with strength and purpose.



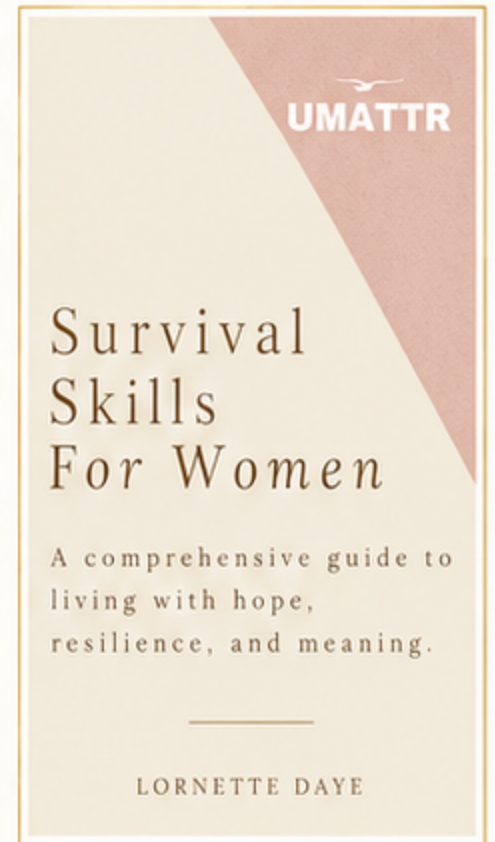
**UMATTR
Devotional**

Daily faith, reflection, and encouragement for spiritual growth.



**Road to the
Olympics**

Discipline, boldness, and perseverance to overcome obstacles and achieve greatness.



**Survival Skills
For Women**

Empowering women with practical tools, hope, and the courage to thrive.



BOOKING ENHANCEMENT

These books can be paired with speaking engagements, leadership events, youth development programs, and community activations to deepen impact and extend the conversation beyond the stage.



LD

SPEAKER. COACH. AUTHOR. COMMUNITY BUILDER.

CREDIBILITY & PARTNERSHIP WALL

TRUSTED BY LEADING ORGANIZATIONS. PROVEN IMPACT. LASTING PARTNERSHIPS.



Certified speaking credibility



School-community engagement



Community partnership support



Football leadership & club management support



Volunteer sprint coach impact



Soccer development & performance support



National coach & athlete credibility



Volunteer leadership & cultural impact

MILLIONAIRE WOMAN

Women's leadership visibility



Community recognition & inclusion impact



ENTERTAINMENT PROMOTION

Helped set up entertainment promotion, dance group + singer

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INSPIRING DISCIPLINE. BUILDING LEADERS. LEAVING LEGACIES.

Community & Entertainment Activation

Lornette’s impact extends far beyond the stage. She is a catalyst for community transformation—championing youth, uplifting local talent, and creating opportunities that inspire confidence, creativity, and connection. Through leadership, advocacy, and entertainment support, she activates stronger communities and brighter futures.

LORNETTE ALSO HELPED SET UP ENTERTAINMENT PROMOTION, DANCE GROUP SUPPORT, AND SINGER PROMOTION.



1. Youth Empowerment

Inspires and equips young people to lead with discipline, resilience, and purpose through mentoring, workshops, and speaking.



2. Community Leadership

Drives positive change through collaboration, advocacy, and programs that strengthen families and neighborhoods.



3. School & Athlete Support

Supports schools and student-athletes by promoting academic excellence, character, and performance on and off the field.



4. Entertainment Promotion

Helps promote local talent and entertainment events, creating visibility and new opportunities for emerging artists.



5. Dance Group Support

Provides platforms, promotion, and encouragement for dance groups to shine, grow, and reach wider audiences.



6. Singer / Artist Promotion

Promotes singers and artists by creating exposure, building connections, and amplifying their unique voices.

BEST FIT



Community Events



Culture Festivals



Schools



Nonprofit Activations



Youth Programs



Special Events

HOW SHE SHOWS UP



Lead

She leads with vision and purpose.



Support

She uplifts people and strengthens communities.



Connect

She builds relationships that create opportunity.



Activate

She turns ideas into impactful experiences.



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Booking Packages & Event Activation



Corporate Keynote

Leadership. Culture. Performance.

High-impact keynotes that challenge mindsets, elevate teams, and inspire measurable action.

IDEAL FOR:

- Corporate conferences & retreats
- Leadership summits
- Employee development events



School or Youth Program

Discipline. Purpose. Possibility.

Empowering young people to lead with focus, resilience, and a vision for their future.

IDEAL FOR:

- Schools & districts
- Youth conferences
- Student assemblies



Community Engagement Session

Service. Unity. Impact.

Purpose-driven conversations that unite communities and spark meaningful change.

IDEAL FOR:

- Nonprofits & civic organizations
- Community events
- Faith-based gatherings



Workshop or Training

Skill-Building. Strategy. Growth.

Interactive sessions that build skills, strengthen habits, and drive personal and professional growth.

IDEAL FOR:

- Professional teams
- Leadership development programs
- Training institutes



Fireside Conversation

Authentic. Relatable. Real.

Intimate, engaging dialogue that connects, inspires, and leaves a lasting impression.

IDEAL FOR:

- Executive forums
- Panel discussions
- Signature speaker series

WHAT CLIENTS RECEIVE



Discovery Call

We learn your goals and design for impact.



Audience Alignment

Tailored messaging that resonates.



Polished Delivery

Powerful, prepared, and professional.



Follow-Up Support

Resources and guidance to extend the impact.



LET'S CREATE AN EXPERIENCE THAT MOVES PEOPLE TO ACTION.

Contact Lornette Daye to book your next event.

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Bring Lornette to Your Event

Lornette Daye is a dynamic speaker, performance coach, author, and leadership mentor who equips audiences to discipline their mindset, lead with confidence, and create lasting impact. Whether it's a conference, school, youth program, community organization, or special event—Lornette delivers powerful, practical messages that inspire action and ignite transformation.

WHY EVENT BUYERS BOOK LORNETTE



Credible lived experience

Grounded in real-world wins, challenges, and transformation.



Actionable message

Practical strategies audiences can apply immediately.



Cross-audience versatility

Proven impact with athletes, students, leaders, and professionals.



Lasting audience impact

Leaves audiences motivated, equipped, and ready to lead.

NEXT STEPS

1

Connect

Reach out to start the conversation.



2

Align

Share your goals and audience needs.



3

Customize

We tailor the experience for maximum impact.



4

Deliver

Lornette delivers a powerful, memorable experience.

“ *When discipline meets purpose, people rise.* ”



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REQUEST AVAILABILITY