



Senior Consultant

Dr. Amelia Reigstad

Minneapolis, Minnesota

Dr. Amelia Reigstad, Ph.D. has a passion and love for knowledge and enjoys sharing her expertise on leadership, organization effectiveness, productivity, communications, and employee engagement. With over two decades of industry experience in the corporate and education sector, she has designed training programs, facilitated workshops, and led team members to success. Through her engaging and dynamic work sessions, Amelia creates a relatable, authentic, and practical experience for participants.

As an entrepreneur, she understands first-hand the importance of leadership development, has spoken on a global scale at numerous conferences and events and has also taught a variety of university-level courses across the U.S., Canada, Europe, and the U.K. Over the course of her career, she has authored numerous articles on gender, communication, leadership success, authenticity, and recently published a book on virtual communication skills and working remotely. Amelia earned her M.A. and Ph.D. from the University of Leicester in the U.K. where her studies emphasized gender differences in communication styles and their influence on the workplace.

Highlights

30+ workshops and speaking engagements on leadership, communication, and organizational effectiveness in 24 months

Author of Virtual Communication Skills: How to Communicate Effectively in a Virtual Environment

Founder of The Women Empowerment Series which encourages women to use their voice to initiate change

Two amazing kids, an incredible husband and has traveled to over 25 countries and 3 continents.

15 years as an educator and entrepreneur

Education & Certifications

- B.A. in Applied Communications
- M.A. in Communications, Media and Public Relations
- Ph.D. in Gender Communications

What learners say about Amelia...

"Amelia was very helpful, kept on topic and provided deeper insight when questions arose. She was a great teacher and leader of the group."

"Amelia was a joy. Clear, communicative, engaging and motivated us to participate."