

PETULA “TRULY” Flavius

KEYNOTE SPEAKER • AUTHOR

WOMEN'S HEALTH & WORKPLACE WELLBEING ADVOCATE

Petula “Truly” Flavius helps organizations support and retain high-performing women navigating the changes no one prepared them for — women's health shifts, burnout, fear, and major life transitions.

Through lived experience, practical insight, and powerful storytelling, she helps women understand what is changing, reclaim their voice, advocate for themselves, and flourish — at work, in life, and through change.

HELPING HIGH-PERFORMING WOMEN **FLOURISH THROUGH CHANGE.**



SIGNATURE TALKS

- Breaking Your Agreement With Fear
- She Looks Strong But She's Scared
- Burnout Is a Signal, Not a Reason for Shame
- Sis, You're Not Alone
- Women's Health, Work & Wellbeing



AVAILABLE FOR

- Keynotes
- Workshops & Panels
- Women's Retreats
- Corporate Women's Events
- Faith Events & Church Pulpits



FEATURED ON / PLATFORMS

- Legacy Women Summit
- Women Rocking Business Global Stage
- Paid to Speak Mastermind
- Church Pulpits & Faith Platforms
- Author of *Weeping Her Way to Wholeness*
- Author of *Bullied to Bold*



WHAT THEY'RE SAYING

"She is engaging, interactive, and highly relatable. Petula is a strong addition for any organization supporting high capacity leaders. I highly recommend her."

— Kymone Hinds, Keynote Speaker & Leadership Trainer

"Petula blends quiet strength with passionate challenge. She invites her audience to think differently. Her delivery is authentic, grounded, and full of wisdom."

— Pierre Quinn, Global Gurus Top 30 Leadership '23-'26

"I highly recommend Petula for her powerful, compassionate work. She has a rare ability to address the deeper emotional fatigue that so many women quietly carry."

— Dr. Peggi Trusty, Wellness Strategist



WHY BOOK TRULY

- Faith-filled & humor-laced — audiences laugh, weep, and rise
- Speaks to the woman who looks strong but is secretly falling apart
- Practical tools + hope-anchored healing, no minimizing the pain
- 20+ years as a healthcare professional, leader & ministry servant



NOW BOOKING: KEYNOTES • WORKSHOPS • PANELS • RETREATS



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