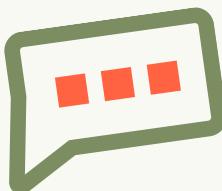




VICKI TYLER

2026

Vicki Tyler helps women break free from autopilot, reconnect with their voice, and lead from clarity, courage, and self-worth.



*Women don't have
a confidence issue.*

*It's a learned
behavioral pattern.
One that can be
interrupted.*

**— Vicki Tyler, Human
Behavioral Systems
Architect**

"Highly capable women don't stall by accident." — Vicki Tyler

Vicki Tyler is a global leadership speaker and creator of The Sleepwalking Effect™, a science-backed framework that helps women wake up from behavioral autopilot and reconnect with their voice, clarity, and self-trust.

She works with women who are smart, capable, and experienced, yet find themselves over-preparing, under-speaking, and waiting for permission that never comes. Vicki does not label this a confidence issue. She names it for what it is: a learned behavioral pattern that can be interrupted.

After surviving two near-death accidents before age 25, including a 50-foot fall and a second spinal break caused by sleepwalking, Vicki became obsessed with one question: Why do humans stay on autopilot even when it no longer serves them, their families, or their communities?

That question led her to a Graduate Diploma in Applied Psychology and two decades of real-world leadership, including becoming President of Flight Centre USA, growing the business from \$3M to \$27M before age 35, and later building a multi-million-dollar company using the same behavioral principles she teaches today. Vicki helps women replace fear with curiosity, stop shrinking, and lead boldly from who they already are.

Vicki creates instant trust. Her leadership message is authentic, practical and resonates at every level.

Our leaders left empowered, human and ready to do better.

Sharon Stantiall- MAX Head HR



“She is an amazing force of positivity achieving great outcomes. She is an inspiration to all that meet her.”

Sandra King, Leadership Manhattan Beach, CA

VICKI
TYLER

The Sleepwalking Effect™

Why capable women stay silent and how to wake up from behavioral autopilot

Many women are not lacking confidence. They are operating on learned behavioral autopilot that quietly shapes what they say, what they hold back, and when they wait for permission. In this keynote, Vicki Tyler introduces The Sleepwalking Effect™ and shows how near death perspective, curiosity, and small micro-actions can interrupt autopilot and restore clarity, voice, and agency.

KEY TAKEAWAYS:

- A new lens for understanding why smart, capable women still hesitate to speak up and how to access more of what we are capable of
- The neuroscience behind autopilot and how to interrupt it in real time
- A repeatable framework with practical tools to replace self-editing with clarity and courageous action

“If you’re standing on the edge- you’re taking up too much room” - Vicki Tyler



Front of the Pack Leadership for Women

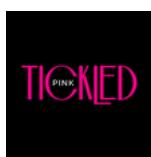
Interrupting conditioning, reclaiming voice, and leading from who you already are

This inspirational keynote reframes confidence as a behavioral pattern, not a personality trait. Drawing on applied psychology, near death perspective, neuroscience, and real-world leadership, Vicki Tyler shows how conditioning, not capability, keeps women playing smaller than they need to. Participants leave with a grounded, mindset reset and start leading from self-trust.

Women will leave understanding:

- Why confidence is not the problem and what actually is
- How conditioning shows up in over-preparing, under-speaking, and people-pleasing
- Simple, repeatable ways to reconnect with voice, boundaries, and self-worth

Trusted By



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