



Bukola Oguntala - Bio

Bukola Oguntala is a keynote speaker, HR strategist, and executive coach with more than 20 years of experience across **pharmaceuticals, manufacturing, distribution, consulting, & consumer goods**. She has helped professionals at every stage –from emerging leaders and managers to executives and those in transition —unlock their potential and lead with clarity and confidence

She believes that **all leadership begins with self-leadership**. To lead others, you must first notice the patterns shaping your own choices. Through her proprietary **SHIFT Framework** and **Pattern Recognition Leadership model**, she helps audiences examine the beliefs, habits, and emotional patterns that shape decisions and performance, and equips them with clarity alignment and emotional range to transform themselves and others.

Her most requested keynote, *A Leadership Blindspot: The Hidden Power of Our Patterns*, challenges audiences to recognize that patterns are not permanent, they are practiced. Through her talks, coaching, and podcast *Beyond the Pattern: Life & Leadership Unlocked*, she equips people to lead themselves differently so they can transform their work, relationships, & future.

Raised in **New Jersey** as a first-generation Nigerian-American, Bukola graduated from **Spelman College** and pursued graduate studies at **Northwestern University**. She has shared her perspective as a featured panelist within Atlanta's HR community.

Audiences leave Bukola's talks with clarity, confidence and practical tools to achieve lasting success. Her perspective has been shaped by both **highs and lows**, allowing her to connect authentically across generations and industries. Audiences leave her talks with **clarity, confidence, and practical tools to achieve lasting success**.

"When you notice and choose to change your pattern, you unlock the power to change your world." **For more information, visit bukolaoguntala.com.**



Full Master Bio (Comprehensive)

Bukola Oguntala is a seasoned HR strategist, keynote speaker, and executive coach with more than 20 years of experience shaping leaders and organizations across industries including pharmaceuticals, manufacturing, distribution, consulting, financial services, and consumer goods (restaurants and retail). She has helped professionals at every stage, from emerging leaders and executives to entrepreneurs and individuals in transition, unlock their potential and navigate change with clarity and confidence.

At the core of Bukola's work is the belief that all leadership begins with self-leadership. To lead others, you must first notice the patterns shaping your own choices. Her proprietary SHIFT Framework, Pattern Recognition Leadership model, and philosophy of identity-based growth guide leaders to examine the beliefs, habits, and emotional patterns shaped by culture, trauma, silence, or survival and decide what still serves them. She equips audiences with the clarity, alignment, and emotional range needed to transform both how they lead themselves and how they lead others.

Bukola's most requested keynote, *A Leadership Blindspot: The Hidden Power of Our Patterns*, challenges audiences to recognize that patterns are not permanent, they are practiced. Through her talks, coaching, and her podcast *Beyond the Pattern: Life & Leadership Unlocked*, she equips people to lead themselves differently so they can transform their work, relationships, and future.

Raised in New Jersey as a first-generation Nigerian-American, Bukola learned early how to adapt across differences and lead authentically. A proud graduate of Spelman College, she also pursued graduate studies at Northwestern University, expanding her expertise in leadership and organizational development. She has shared her perspective as a featured panelist within Atlanta's HR community, contributing to conversations on leadership, resilience, and the future of work.

Her past community service includes volunteering with Kate's Club, supporting children who have lost parents, and serving as a Court Appointed Special Advocate (CASA) with the Fulton County Juvenile Court system. She also enjoys an active lifestyle of running, hiking, lifting weights, and international travel, reflecting her belief that leadership is sustained by vitality and balance.



Guided by her values of continuous improvement and lifelong learning, Bukola prioritizes physical, financial, spiritual, emotional, and mental health as the foundation for sustainable leadership. Her perspective has been shaped by both highs and lows, allowing her to connect authentically across generations and industries. Audiences leave her talks with clarity, confidence, and practical tools to create lasting success. Her message is both practical and deeply human: *“When you notice and choose to change your pattern, you unlock the power to change your world.”*

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Medium Bio

Bukola Oguntala is an HR strategist, keynote speaker, and executive coach with more than 20 years of experience across pharmaceuticals, manufacturing, distribution, consulting, financial services, and consumer goods. She has guided emerging leaders, executives, and professionals in transition to unlock their potential and lead with clarity and confidence.

Her most requested keynote, *A Leadership Blindspot: The Hidden Power of Our Patterns*, shows how lasting change begins with self-leadership. Through her SHIFT Framework, Pattern Recognition Leadership model, and philosophy of identity-based growth, Bukola equips audiences to recognize unconscious patterns and replace them with intentional, growth-oriented behaviors.

A graduate of Spelman College who also pursued graduate studies at Northwestern University, Bukola has shared her perspective as a featured panelist within Atlanta’s HR community. Audiences leave her talks with clarity, courage, and practical tools to achieve lasting success.

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Short Bio

Bukola Oguntala is a keynote speaker, HR strategist, and executive coach who helps leaders and professionals shift the patterns that hold them back. Through her SHIFT Framework, she equips audiences with clarity, confidence, and tools to transform work, life, and leadership.

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