



DREA LYNN

ATTORNEY • FORMER COO • AUTHOR

Author of

SMART QUIT™

Cash In. Clock Out.

You don't need to blow up your life to change it. You just need a plan.

Drea Lynn is an attorney and former Chief Operating Officer turned entrepreneur, business strategist, and author of **Smart Quit™**. After years leading teams inside high-growth organizations, she walked away from the corner office — and the six-figure salary — to build her own consulting business. The exit didn't go to plan: she landed in six figures of debt before rebuilding to half a million in revenue. That hard-won experience became the **Smart Quit™ framework** — Prepare, Position, Pivot, Profit — for ambitious professionals ready to exit work that no longer fits, with a plan, not in a panic. Known for a direct, no-nonsense voice, Drea flexes one message across many rooms — written for the break room, not the boardroom — and blends real-world business and legal experience with practical steps audiences can use the same week. Her mission: help one million people quit smart, build bold, and live free.

SIGNATURE TALKS

■ The Smart Quit™: How to Leave Right

The 4-phase roadmap for leaving a job you've outgrown — with a plan, not a panic

■ Employee to CEO

The mindset shift that changes everything — your shift skills are founder skills

■ Stop Treating Quitting Like Betrayal

The B.U.I.L.D. framework for HR — turn would-be quitters into internal owners

■ From Paycheck to Purpose

When the quit is a calling — faith, stewardship, and the smart way to exit

■ Building Without a Blueprint

An HBCU grad's case for ownership — the unfinished business of workplace diversity

FORMATS

- Keynote (30–60 min)
- Workshop / breakout session
- 5-minute disruptor talk (DisruptHR-style)
- Panels, fireside chats & emcee

AUDIENCES

- Women's & empowerment conferences
- Entrepreneurship & small business
- HR, L&D & leadership events
- HBCU, college & workforce programs
- Faith-based & purpose-driven events
- Frontline & hourly workforces

BOOKING

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BOOK A CALL

Scan to schedule a 30-minute speaking & media inquiry call.