



Linal Harris, PCC

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Linal Harris is the founder and president of [Insights 4 Life Coaching](#), LLC a high performance and executive coaching firm that uses an ontological approach to accelerate leadership and personal development. Harris holds a Professional Coaching Certification (PCC) with the International Coaching Federation and provides coaching to corporate executives, entrepreneurs, professional athletes and government officials across the globe.

With over two decades of experience leading and building high performance teams, Harris has led large global teams, which required him to become adept in virtual leadership and team development. Prior to graduating from Corporate America, he held the role of Vice President and Chief Diversity Officer at U.S. Cellular, the fifth largest cellphone provider in North America. Previous to taking this role, Harris built and led the companies international and domestic call center operations and also led in this capacity at Allstate Insurance Company. Working and leading across the globe has equipped Harris with a unique perspective on diversity and the impacts of globalization. He has led and built teams in all in North America, Central America, South America, Asia, Africa and parts of the Caribbean.

Harris' clientele is global. He works with individuals and teams located throughout the US, Europe, Australia, Asia and Africa. His past and current corporate organizational clientele include Byline Bank, Conduent, Google, Jones Lang LaSalle, Nielsen, and Xerox, along with a number of confidential clients and government entities in Asia and Africa.

Harris is also a radio host, author and motivational speaker.

His weekly radio show titled "Inspirational Perspective" on WVON 1690 AM, airs at 7:00 AM to 9:00 AM CST, every Sunday morning and has been dubbed, "The Best Self-Development Show on Radio" where he host topics and conversations

regarding leadership, diversity, global business and personal development.

Harris authored "[Slay Your Goals: 5 Simple Tips For Achieving Your Life Goals](#)", to provide simple, practical insights for people who are serious about setting personal goals they can achieve. In his work as a coach and radio host, he noticed most of his clients and listeners knew how to set professional S.M.A.R.T. goals, but were lost when it came to setting tangible personal goals they could achieve. Consequently, Slay Your Goals® has become a community, movement and brand that is praised by many who have experienced a new level of success in their personal lives.

As a global entrepreneur and investor, Harris saw the need for African Americans to get better acquainted with their true history and African identities, so he started leading [Transformational Tours to Africa](#) for African Americans. Harris uses the transformational power of travel to coach, create an opening for reflection and learning with his travelers to facilitate healing, a deep level of self-awareness and a fresh vision for the future. He currently leads tours in Ghana and Rwanda, multiple times a year.

Harris has received numerous leadership awards and recognition. Most notable were his induction into Triton College's Alumni Hall of Fame in 2015, written recognition from Michelle Obama on his leadership in diversity and being the recipient of the 2012 Chicago Urban Roundtable's 40 Game Changers Under 40 award.

He continues his inspirational work in Africa and his hometown, Chicago by sharing his resources, volunteering his time and hosting his annual [Murder Mediocrity®](#) Summit where he and a carefully chosen group of influencers and thought leaders share knowledge on how to live a well rounded life of excellence. He also serves as an Executive Chair on the board of directors for the YWCA Metro-Chicago and WVON Blue Light Foundation.

Harris remains an avid traveler. He has vacationed and worked in over 50 countries and 300 cities all over the world. He currently resides in Chicago with his wife and son.