



NADEESHA WIJESINGHE

Self-Leadership Expert for High Performance | Speaker, Author & Coach

Nadeesha is the founder of Lead Yourself Forward, a self-leadership development company helping sales teams and other performance-driven teams deliver consistent high performance. She developed the Anchor to Evolve framework and wrote *Self-Leadership for Sales* based on her own journey in sales.

“When Nadeesha speaks about self-leadership today, it's grounded in real experience, passion, and dedication. She understands the nuances, pace, and discipline required to perform in one of the most difficult roles in sales and she's dedicated to helping others rise to a higher standard.

Karre Lawson, Former Solutions Engineer, Google

it all starts with you...

When Nadeesha landed her first sales role, she had no idea it was a sales role.

She was a true introvert who couldn't stand the thought of speaking to strangers, let alone cold calling them to sell services. Nadeesha had no training, no guidance, and a target to hit.

She exceeded it anyway.

How? By growing into the salesperson she needed to be. By working through what was holding her back. The rejections. The pressure. The uncertainty. The parts of herself that needed work...

Years later, after consistently ranking among top performers across multiple sales roles, Nadeesha reverse-engineered how she did it. What she found was a pattern. A quiet secret behind everything.

This book is that secret.



Nadeesha Wijesinghe is the founder of Lead Yourself Forward, a self-leadership development company helping sales teams and entrepreneurs deliver consistent high performance. From running a successful consulting business to consistently ranking among top performers in her sales roles, she draws on her own journey to teach salespeople how to lead themselves toward stronger, sustainable sales results.



lyf.nadeewije.com



SELF-LEADERSHIP FOR SALES

NADEESHA WIJESINGHE

THE QUIET SECRET

SELF- LEADERSHIP FOR SALES



BEHIND CONSISTENT
HIGH PERFORMANCE

NADEESHA WIJESINGHE

View sample on Amazon:

amazon.com/dp/1067743804

Signature Programs

All of Nadeesha's signature programs are available in 30-90 minute versions. Nadeesha is also able to provide half-day or full-day interactive workshops on self-leadership for high performance, custom designed for your needs.

The Quiet Secret Behind Consistent High Performance

This talk explores the role self-leadership plays in how professionals show up, recover from setbacks, and sustain performance over time. Audiences gain a new perspective on what drives consistency and how to strengthen it.

Audience Takeaways

- A clearer view of what truly drives consistent high performance.
- How self-leadership shapes confidence, focus, and execution.
- Why the most important sale is the one we make to ourselves.

Anchor to Evolve: Self-Leadership for Consistent High Performance

In this workshop, participants apply the Anchor to Evolve framework to uncover internal patterns influencing confidence, decision-making, and consistency. This helps them lead themselves better and sustain stronger performance.

Participants will:

- Build honest self-awareness to find what holds performance back.
- Strengthen their ability to lead themselves through the alone moments.
- Learn to evolve in ways that align with them for sustainable progress.

Key Outcomes

-  Better Self-Leadership & Ownership
-  Greater Confidence Under Pressure
-  Stronger, More Sustainable Results

SPEAKING FEES

Fees are guidelines and may vary based on scope of work, location and timing.

Keynote: \$2,500+

Half Day: \$3,500+

Full Day: \$5,000+

Webinar: \$1,000+

Team Coaching:
\$2,000+ / month

All fees are exclusive of travel expenses.

About Nadeesha



Nadeesha is the founder of Lead Yourself Forward and a self-leadership expert helping sales teams and other performance-driven teams strengthen the self-leadership skills that drive consistent high performance.

Her track record speaks for itself. From exceeding targets within two months of joining her first tech sales role, to consistently ranking among top performers while working with Google's account teams. Before that, Nadeesha built and ran a successful consulting business serving B2B tech companies.

While reverse-engineering how she excelled at sales consistently, Nadeesha discovered a pattern. A quiet secret behind everything. Self-leadership is that secret. It's not taught in the typical sales training, and that's the gap she built Lead Yourself Forward to close.

Creator of the Anchor to Evolve framework and author of *Self-Leadership for Sales*, Nadeesha helps performance-driven professionals lead themselves better for stronger, more sustainable results.



Previously spoke at:



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w: lyf.nadeewije.com
l: [linkedin.com/in/nadeewije](https://www.linkedin.com/in/nadeewije)

Expert Speaker Intro



View on YouTube: youtube.com/watch?v=P5ade_bTq5Y

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Working with Nadeesha was an absolute delight! As a natural storyteller, Nadeesha captivates listeners through engaging anecdotes that perfectly illustrate her message. She's dedicated to delivering exactly what is needed. I highly recommend Nadeesha for your speaking occasion —truly a memorable and inspiring experience!

Lynda O' Donovan
Manager, Centennial Leadership Academy

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Such a great session on Self-Leadership by Nadeesha! The presentation was clear and practical, and the interactive parts kept everyone engaged the whole time. It was wonderful seeing how well you connected with the participants and made the topic so relatable for them. We really appreciate you sharing your time with us!

Amanda Levesque-Dee
Facilitator, Job Skills