



carol enneking
SPEAKER • AUTHOR • ADVISOR

Helping people and organizations be their best in a world that never slows down



(832) 819-3552



Carol Enneking is a speaker, author, and advisor whose work explores a challenge facing nearly every organization today: **how do we continue to perform in a world that keeps asking us to absorb more?**

For more than three decades, Carol has worked with leaders and organizations around the world, first as an external consultant and later from inside the executive suite. As a former corporate vice president responsible for talent management and leadership development in a multibillion-dollar organization, she experienced firsthand the pressure to deliver results amid competing priorities, constant change, and finite human capacity.

Today, Carol helps leaders improve the decisions they make about priorities, people, and performance, challenging the assumption that doing more is always the answer. She combines business experience, behavioral insight, practical tools, and candor to help organizations recognize when systems and expectations have become overloaded and make better choices about what matters most, what their organizations can realistically absorb, and where attention and resources will have the greatest impact.

Carol is the best-selling, award-winning author of *The Rebalancing Act: Wisdom from Working Women for Success that Matters*. Drawing on interviews with more than 70 people across industries and generations, the book explores why so many high achievers feel

overwhelmed and how to create a more fulfilling life. Her ongoing research and writing expand that work into the organizational arena, examining how leaders can improve decision quality, respect human and organizational capacity, and create sustainable performance amid constant pressure and change.

Her Oxford Talk has reached more than 2.2 million viewers worldwide, and her ideas have been featured on NBC, CBS, ABC, and FOX, in *National Business Journals' BizWomen*, and across numerous global publications, podcasts, and media interviews. In 2025, she was named a *Houston Business Journal* Women Who Mean Business honoree.

Whether she is speaking to senior executives, HR leaders, front-line employees, or professional and community groups, Carol brings a rare combination of executive experience and human insight to her work. Her goal is simple: **to help people and organizations thrive in a world that never slows down.**