

LINDSAY WHITE

HR STRATEGY EXPERT | LEADERSHIP COACH | PODCAST HOST



Lindsay White is a Leadership & People Strategist with over 20 years of experience helping female entrepreneurs build thriving teams and empowering cultures.

As the founder of High Voltage Leadership and host of the acclaimed podcast Female Founder Unplugged, Lindsay guides high-performing women to lead with clarity, confidence, and connection.

She brings an honest, straight-shooting yet warm and engaging style to every conversation, drawing from her proprietary LPC framework (Leadership, People Strategy, Culture) and her background in corporate HR, entrepreneurship, and certified coaching.

KEY STATS
& REACH

TOP 5%
PODCAST
(FEMALE FOUNDER
UNPLUGGED)

#1 CANADIAN
WOMEN IN
BUSINESS
PODCAST

TOP 40 FEMALE
FOUNDERS
PODCAST IN
THE US

ENGAGED
COMMUNITY
ACROSS SOCIALS
& LIST

SIGNATURE TOPICS

- ✓ From Burnout to CEO: How Women Can Lead Without Losing Themselves
- ✓ Building a Team That Fuels Growth (Not More Overwhelm)
- ✓ Conscious Leadership in a Noisy, Hustle-Culture World
- ✓ Culture-Building for High-Performing, Heart-Driven Teams
- ✓ How to Scale Without Losing Your Magic
- ✓ What It Really Means to Create a "People Strategy"

AUDIENCE SNAPSHOT

Target Audience: Female founders, CEOs, and entrepreneurs scaling to 6- and 7-figures

Industry: Service-based businesses, consultants, coaches, creatives

Demographics: Primarily North America, aged 35-55, earning \$200K-\$400K+

Topics of Interest: Leadership, burnout, team strategy, culture-building, resilience, legacy

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 [@highvoltleadership](https://www.instagram.com/highvoltleadership)

 [Lindsay_White](https://www.linkedin.com/in/Lindsay_White)

LINDSAY WHITE

FULL MEDIA BIO



Lindsay White is the founder of High Voltage Leadership and the voice behind Female Founder Unplugged, a globally ranked podcast empowering women entrepreneurs. With over two decades of leadership, HR, and executive coaching experience, Lindsay helps powerhouse women scale their businesses while staying deeply connected to their purpose and people.

Her career began in corporate HR, where she built high-performing teams and cultures for leading organizations. Now, as a certified coach and people strategy expert, she partners with female founders who are scaling service-based businesses and feeling the pressure of leadership fatigue, toxic team dynamics, and burnout.

Through her signature LPC Method—Leadership, People Strategy, and Culture—Lindsay delivers real-world strategies that bring structure to growth, clarity to chaos, and confidence to women stepping into their CEO role. Her clients describe her as insightful, compassionate, and refreshingly direct. Whether she's behind the mic or leading a workshop, Lindsay's mission is to create spaces where women lead boldly, build intentionally, and grow sustainably.

RATE CARD

Sponsored Guest Appearance: \$2,500

Includes:

- 30–45 minute interview as a featured expert on a sponsored topic
- Pre-call prep + talking points collaboration (up to 30 minutes)
- Use of Lindsay's name, title, and likeness in show promotion
- Organic endorsement of aligned tools/services (if pre-approved)

Add-Ons:

- Social Collab Post (IG + LinkedIn): \$250
- Feature in High Voltage Blog: \$300
- Dedicated Newsletter Shoutout: \$350

TECH DETAILS

Equipment

- Professional USB mic + backup mic
- Quiet, sound-treated environment
- Excellent natural light
- Fast hi-speed, reliable internet connection

Platforms

- Zoom
- Riverside
- Squadcast
- Streamyard

Let's Collaborate!

I love sharing honest, empowering conversations that help founders grow with intention. If your audience is made up of purpose-driven entrepreneurs and changemakers, I'd love to add value and amplify the message.

Let's light it up!