

Cara Hale Alter
Founder & President SpeechSkills

Relying on 20 years of research, Cara has a deep understanding of how nonverbal communication shapes the perception of leadership presence. She literally wrote the book on projecting credibility and confidence: the critically acclaimed *The Credibility Code*. In workshops, she's known for delivering precision feedback with warmth and humor. On stage, she's an energetic and compelling presenter, having won numerous national awards for public speaking.

As founder and president of SpeechSkills, Cara has provided training to some of the world's best-known companies, including Allianz, Caterpillar, eBay, Gap Inc., Google, IDEO, and Williams-Sonoma. A guest lecturer at UC Berkeley, Harvard University, Stanford University, and UC Hastings College of Law, Cara has also worked with numerous top-100 law firms, including DLA Piper, Morgan Lewis, O'Melveny & Myers, and White & Case. She is a frequent media resource, appearing in *Forbes.com*, *The Globe and Mail*, *USA Today*, and countless other media outlets.

With a BA in speech communication and an MFA in theatre, Cara's early career includes professional work as a voice-over artist and commercial actress. However, perhaps her best preparation for a career as a keynote speaker has been her years spent as a camp counselor for the YMCA.

Cara lives with her husband and two children in San Francisco. Her other loves include yoga, dance, and a good game of charades.