

Speaker List

#	Year	Organization	Topic	Type
1	2009	Iowa Business Analysis Development Day panel discussion	Diversity	1 hour talk
2	2010	Wisconsin Business Analyst Development Day	Diversity	1 hour talk
3	2010	Cuna Mutual	Time Estimation Webinar	1 hour talk
4	2010	Des Moines Jaycees	Mentoring	1 hour talk
5	2011	Minneapolis Professional Development Day	Systems Thinking	1 hour breakout session
6	2011	Central Iowa Chapter IIBA July Monthly	Systems Thinking	1 hour talk
7	2012	Minneapolis Professional Development Day	Systems Thinking	1 hour breakout session
8	2012	University of Iowa Phi Beta Lambda State Conference	Business Analysis Career	1 hour talk
9	2012	IIBA Northeastern Wisconsin Chapter Meeting		1 hour breakout session
10	2013	Principal Financial Group	Systems Thinking	1 hour talk
11	2013	Project World/BA Congress	Let's Collaborate, Not Tolerate	1 hour breakout session
12	2013	YCNS Training Course	Interviewing	Training
13	2015	Omaha Business Analyst Development Day	Let's Collaborate, Not Tolerate	1 hour breakout session
14	2015	BABOK Study Session	Chapters 1 & 2 for the Iowa Chapter	Study Group Facilitator
15	2015	iGrafx Conference	Risks and Controls Round Table	KEYNOTE
16	2015	Central Iowa IIBA December Meeting	Let's Collaborate, Not Tolerate	1 hour talk
17	2016	IIBA UK Webinar	The Martial Arts of Change - Unlocking Your Inner Ninja	1 hour talk
18	2016	IIBA Webinar (April 8)	Going from Good To Great - Let's Collaborate, Not Tolerate There is a Difference - <i>(Part I of a III Part Series)</i>	1 hour talk
19	2016	IIBA Webinar (April 16)	Going from Good to Great - "Budling the Foundation of Change"	1 hour talk

#	Year	Organization	Topic	Type
			<i>(Part II of a III Part Series)</i>	
20	2016	IIBA Webinar (May 6)	Going from Good to Great - "The Abyss of Compliance and Risk - Don't Get Swallowed Up" <i>(Part III of a III Part Series)</i>	1 hour talk
21	2016	IBADD 2016 (May 13)	The Evolution of Greatness - Elevating Your Team To High Performance	1 hour breakout session
22	2016	iGrafx Financial Summit (May 24 - Brooklyn NY)	The Abyss of Compliance and Risk"	KEYNOTE
23	2016	Podcast	How to Collaborate Effectively Podcast	Podcast Guest
24	2016	IIBA Minneapolis Chapter PDD Conference (September 20)	"The Martial Arts of Change - Unlocking Your Inner Ninja"	1 hour breakout session
25	2016	IIBA Wisconsin Chapter - BA Leaders (September 27)	The Value of a BA	1 hour talk
26	2016	IIBA Wisconsin Chapter Members (September 27)	Let's Collaborate, Not Tolerate	1 hour talk
27	2016	IIBA Minneapolis Chapter Meeting (November 10)	The BA Value Proposition	1 hour talk
28	2017	The Children and Family and Urban Movement (CFUM) Organization (February)	Career Development and Professional	1 hour talk
29	2017	Podcast (February 25)	Political Martial Arts - Navigating the Waters Podcast	Podcast Guest
30	2017	Eastern Iowa IIBA Chapter Meeting (April 19)	The Jutsu of Elicitation and Decision Making	1 hour talk
31	2017	IBADD 2017 Conference (May 19)	BA Martial Arts - Unlocking Your Inner Ninja	1 hour breakout session
32	2017	Project Summit/BA World Washington, DC (June 19)	The Dojo of Collaboration	1 hour breakout session
33	2017	IIBA Webinar	Political Martial Arts	1 hour talk

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		(July 11)		
34	2017	July 18 - July 20	Resume & Interview Workshop	Workshop
35	2017	Heartland Chapter IBADD	<ul style="list-style-type: none"> • (Mokuso - Lead Yourself) • Panelist (Volunteerism) • Breakout Speaker (The Kata of Change - How to Flow with the Unknown) 	KEYNOTE
36	2017	Minneapolis PDD (September 20)	The Kata of Risk	1 hour breakout session
37	2017	BA Conference Europe (London, England) (September 27)	The Dojo of Collaboration	1 hour breakout session
38	2017	Project Summit/BA World, Boston (October 17)	The BA Value Proposition	1 hour breakout session
39	2017	BBC Conference (November 6)	Political Martial Arts	1 hour breakout session
40	2018	Many Shades of Colour Young Women's Conference (March 3)		1 hour breakout session
41	2018	IIBA BABOK Study Group (April 26)		Study Group Facilitator
42	2018	Minneapolis PDD (May 3)	High Performing Teams	1 hour breakout session
43	2018	IBADD Conference - Des Moines Iowa (May 10 & 11)	Self-Introspection Workshop, The Dojo of Collaboration and the Kata of Change	1 hour breakout session
44	2018	Space City BADD Conference - Houston, TX	Mokuso - Lead Yourself	KEYNOTE
45	2018	Houston IIBA Chapter	The Dojo of Collaboration	1 hour breakout session
46	2019	Bridging the Gap (January 31)	Resume Workshop Webinar	1 hour talk

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47	2019	IIBA Mentoring Program (February 19)	How to Create a Business Plan Webinar	1 hour talk
48	2019	ITA (June 27)	Raise Your Hand - How to Effectively Build Your Confidence	1 hour talk
49	2019	Bridging the Gap (July 1)	Resume Workshop Webinar	1 hour talk
50	2019	Minneapolis IIBA Chapter Meeting (July 11)	Functional Decomposition Diagramming	1 hour breakout session
51	2019	August 16	The Dojo of Collaboration	KEYNOTE
52	2019	Cape Town, South Africa (September 16)	Effective Consulting Workshop	Workshop
53	2019	Cape Town, South Africa (September 17)	It First Starts With You - How to Lead Yourself	KEYNOTE
54	2019	Durbin, South Africa (September 19)	The Recipe for Effective Consulting	Workshop
55	2019	Johannesburg, South Africa (DVT & VodaCom Corporations) (September 20)	It First Starts With You - How to Lead Yourself	1 hour talk
56	2019	AmpED - Central Iowa Chapter (December 19)	Mokuso - Lead Yourself	1 hour talk
57	2019	Central Iowa Chapter Meeting (December 19)	Waza of Goal Setting and Creating Your Brand	1 hour talk
58	2020	BA Summit with Penny Pullan (January 28)	Fireside Chat on Diversity & Inclusion	Fireside chat
59	2020	Many Shades of Colour Conference (March 7)	Finding Your Voice	1 hour breakout session
60	2020	Panelist for a Virtual Meeting for IIBA India Chapter (May 8)		Panelist
61	2020	Birmingham - Magic City BADD	Intro to Data Analytics	1 hour breakout session

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		(August 21)		
62	2020	Gainesville PMI Chapter (September 9)	The Martial Arts of Change	1 hour talk
63	2020	BA Summit South Africa (October 6)	Diversity, Equity & Inclusion Talks	Fireside chat
64	2020	IIBA Portland, Oregon Chapter (October 13)	Functional Decomposition Diagramming	1 hour talk
65	2020	iGrafx Meeting (November 5)	The Kata of Risk Management	1 hour talk
66	2021	Many Shades of Colour Young Women's Conference (March 6)	Know Your Worth	KEYNOTE
67	2021	DE&I Webinar - Paula A. Bell Consulting (April 21)	Conscious & Unconscious Bias - We All Have it!	Webinar
68	2021	DE&I Webinar - Paula A. Bell Consulting (April 22)	Get Comfortable Being Uncomfortable	Webinar
69	2021	DE&I Webinar - Paula A. Bell Consulting (April 24)	Listen to Understand, Not to Respond	Webinar
70	2021	Wisconsin IIBA Chapter Meeting (May 18)	The Recipe for Effective Consulting	1 hour talk
71	2021	Serendipity Virtual Conference (July 15)	Micro-Inequities - The Power of Small	Webinar
72	2021	IIBA South Florida Chapter (July 28)	Listen to Understand, Not to Respond!	1 hour talk
73	2021	Facebook Live Session with Tanjie Brewer (August 10)	Health and Wellness Session	Facebook Live
74	2021	Power Women's Event - South Africa (Virtual - August 23)	The Power Within	1 hour talk

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75	2021	Xtreme Stepchella Conference (September 17)	Panel Moderator for "Mind, Body, & Soul - Women's Only Session"	Moderator for Panel
76	2021	TV Interview with Martine Cadet (November 3)	Life Coaching	Podcast
77	2021	IIBA Iowa Chapter Meeting (November 18)	Listen to Understand, Not to Respond	1 hour talk
78	2022	YCNS Internal Team (February 25)	DE&I Discussion	Webinar
79	2022	Lender Close Organization (February 28)	Let's Talk - Immigration & African American Culture	Webinar
80	2022	YCNS public webinar (April 20)	DE&I Discussion (Getting Comfortable Being Uncomfortable, Micro Inequities and Unconscious Bias)	Webinar
81	2022	Kansas City BADD (September 30)	The Holistic BA	KEYNOTE
82	2022	Central Iowa - IBADD (October 14)	Micro-Inequities - The Power of Small	1 hour talk
83	2023	United League - 2 Week Seminar (January 26 - February 16)	Purpose and Goal Setting	5-week seminar
84	2023	Apex (February 22)	The Bushido of Greatness - Elevating Your Team to High Performance	Webinar
85	2023	Oakridge Neighborhood Staff Retreat (April 28)	Goal Setting Workshop	Workshop
86	2023	African American Leadership Program (July 27)	Personal Branding Workshop	1 hour talk
87	2023	Future Business Analyst Podcast (August 14)	Mindset, Diversity, Equity and Inclusion,	1 hour talk
88	2023	Building Confidence (IIBA LinkedIn Live) (August 16)	Building Confidence	1 hour talk
89	2023	BA Jam Show with Judy Alter	Past, present and future	1 hour podcast

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		(October 10)		
90	2023	Southeast Michigan Chapter Meeting (October 19)	Micro-Inequities the Power of Small	1 hour webinar
91	2024	Tampa Bay IIBA (February 29)	BA Career Path	1 hour webinar
92	2024	Many Shades of Colour (March 2)	Imagine Me Leading the Masses	1 hour talk
93	2024	Latina Leadership Initiative (March 30)	Navigating Leadership Styles - Embracing Your Authentic Self	1 hour talk
94	2024	Lady Like Conference (April 6)	Personal Branding	50-minute talk
95	2024	African American Leadership Program (April 25)	Personal Branding - Part 1	1:15 minute talk
96	2024	Black & Privileged in America Podcast (May 1)	Black at Work: How to Shine	1 hour
97	2024	East High School (May 15)	Motivational Talk	10 minutes
98	2024	Panel Discussion – Iowa Works (May 19)	Attracting, Retaining & Motivating Employees Panel	1 hour webinar
99	2024	Black Excellence Iowa (July 2)	Personal Branding – Part 1	45-minute talk
100	2024	AON – Networking Meeting (August 13)	Career and Personal Development	1 hour talk
101	2024	Drake University – CREW Scholars (August 19)	Personal Development	2 90-minute talks
102	2024	African American Leadership Program (April 25)	Personal Branding - Part 2	1:15 minute talk
103	2024	FemCity Beyond Business Conference (September 19)	Personal Branding	1 hour talk
104	2024	Black Excellence Iowa	Strategy Meeting	3 hours

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		(September 28)		
105	2024	Iowa Business Analyst Development Day (October 4)	Personal Branding	KEYNOTE
106	2024	Tynique's Rose Garden 5 th Year Anniversary Celebration (October 4)	Resilience	15-minute motivational talk
107	2024	Planning With a Purpose	Annual Event	6-hour Event
108	2024	My City My Health (November 15)	Panelist – Health Equity	1 hour
109	2024	One Voice Youth Summit Panelist (November 23)	Career and Professional Development	45-minute panel
110	2024	Black Excellence Iowa Strategy Meeting (December 11)	Strat Meeting	90-minutes
111	2024	Oakridge Neighborhood Leadership Staff (December 13)	From Me to We - Building Connections Through Self-Awareness	90-minutes
112	2025	Career Pathways (Oakridge Teen Center) (February 25)	Personality and Communication Styles	1 hour
113	2025	Career Pathways (Oakridge Teen Center) (March 11)	Working Styles & Conflict Management	1 hour
114	2025	Warren County Leadership Class (March 20)	Active Listening	1 hour
115	2025	Greater Des Moines Partnership Top Five for Small Businesses (March 26)	Brand Visibility on a Budget: Standing Out in a Crowded Marketplace	1 hour webinar
116	2025	Valley Symposium – Student Voices (March 29)	Your Voice, Your Strength: Emotions, Mental Health, and Self-Expression	1 hour
117	2025	Sinnika's Entrepreneur Class (Central College) (April 3)	My Career	1 hour

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118	2025	Black and Brown Summit (Panelist) (April 17)	Entrepreneur's Balance: Juggling Business, Wellness, and Mental Health"	1 hour
119	2025	Women Who Win – Zeta Phi Beta Sorority, Inc. Midwestern Regional Conference (April 24)	Back to Your Roots: Your Why, Your Brand, Your Business	Workshop
120	2025	ATD Education Event (May 9)	Samurai Shine – Elevate Your Personal Brand with Warrior Wisdom	90-minute
121	2025	Career Pathway – Oak Studios (May 27)	Communication Styles & Conflict Management	1 hour
122	2025	Hip Hope Summer Program (July 29)	Pitch Competition	3-Part series (1 hour each)
123	2025	Greenroom Podcast (July 31)	"The Circle of Friends: Connecting Relationships and Building (Nurturing) Your Tribe"	90-minute
124	2025	African American Leadership Academy (August 21)	Communication Styles	1 hour
125	2025	BA Insights – S3 (September 11)	Podcast: Story Telling in Business Analysis	1 hour
126	2025	Black Girl Iowa Podcast (September 16)	Podcast: Who is Paula and What Does Paula A. Bell Consulting, LLC Offer	1 hour
127 - 131	2025	Fearless & Free Seminar (October – February 2026)	Fearless & Free: Unlocking the Power Within You" is an 8-week journey designed to help middle and high school young ladies build confidence, embrace their identity, and navigate emotions in a healthy way.	Program for Middle School Youth – Mothers Against Violence After School Program

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131 - 151	2025	The Discovery Circle (September – February 2026)	<p>The Career Exploration Program is designed to equip middle school youth (6th–7th grade) with the skills, awareness, and confidence to begin envisioning their future careers. Through a series of interactive, age-appropriate workshops, students will explore career options, strengthen emotional intelligence, and practice action planning to support their academic and personal growth.</p> <p>Over the course of five months, participants will engage in hands-on activities, self-reflection, and group discussions that encourage them to discover their strengths, connect those strengths to potential career paths, and build the confidence to set and pursue goals. The program emphasizes both skill development (emotional intelligence, teamwork, communication, problem-solving) and career readiness (career awareness, exposure to role models, and action planning).</p>	Program for Middle School Youth – Willkie House After School Program (~20 sessions)
152	2025	OneVoice African Youth Summit (October 18)	Session #1: Leadership Session #2: Career Exploration	1 hour for each session
153	2025	Leadership NOW Conference (Ottumwa) (October 23)	Verbal Flow: The Tai Chi of Effective Conversations	1 hour

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154	2025	All Voice DSM Podcast (October 24)	Who is Paula Bell?	1 hour
155	2025	Drake Executives in Residence (October 24)	Panelist: Career Path	1 hour
156	2025	I AM Enough (Big Brothers & Big Sisters) (October 25)	Communication	1 hour
157	2025	Podcast Cousins (November 3)	Special Guest: Black Rose Bookstore	1 hour
158	2025	Black Excellence Lunch & Learn (November 4)	Pitch Presentation	1 hour
159	2025	Green Room Podcast (November 7)	Faith and Politics: Where Belief Meets Civic Duty	1 hour
160	2025	Green Room Podcast (November 10)	Placement in the Midst of Displacement"	1 hour
161	2025	My City My Health Conference (November 14)	Community Resource Podcast Host at Conference	All Day
162	2025	Conmigo (November 17)	Recognition	1 hour
163	2025	iJag (November 18)	From Brooklyn Blocks to Boardrooms	1 hour
164	2025	Inside Black Iowa Podcast (November – December)	Grounded in the Storm: Notice.Prepare.Protect	3-Part Series (1 hour each)
165	2025	Podcast Cousins (November 25)	Holiday Episode	1 hour
166	2025	LEAP Conference (December 2)	Keynote	KEYNOTE
167	2025	BA Doc Podcast (December 9)	Translating Process Maps to Requirements	1 hour
168	2025	iJag Speaker (December 12)	From Brooklyn Blocks to Boardrooms	1 hour

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169	2025	YCNS: Client (December 15)	Discrimination, Harassment, and Diversity in the Workplace	1 hour webinar
170	2025	All Voices DSM Podcast (December 22)	Life Coaching	1 hour