Khaliah O. Guillory
BIOGRAPHY



SHORT BIO

Khaliah O. Guillory is a former Fortune 100 Vice President, TEDx speaker, Certified Sleep Coach, tech founder, and former NCAA Division I Women's Basketball Team Captain at the University of Central Florida. Through Performance Rehab™, she helps organizations strengthen the conditions around performance so their people can think clearly, lead well, and sustain high-level performance over time.

MEDIUM BIO

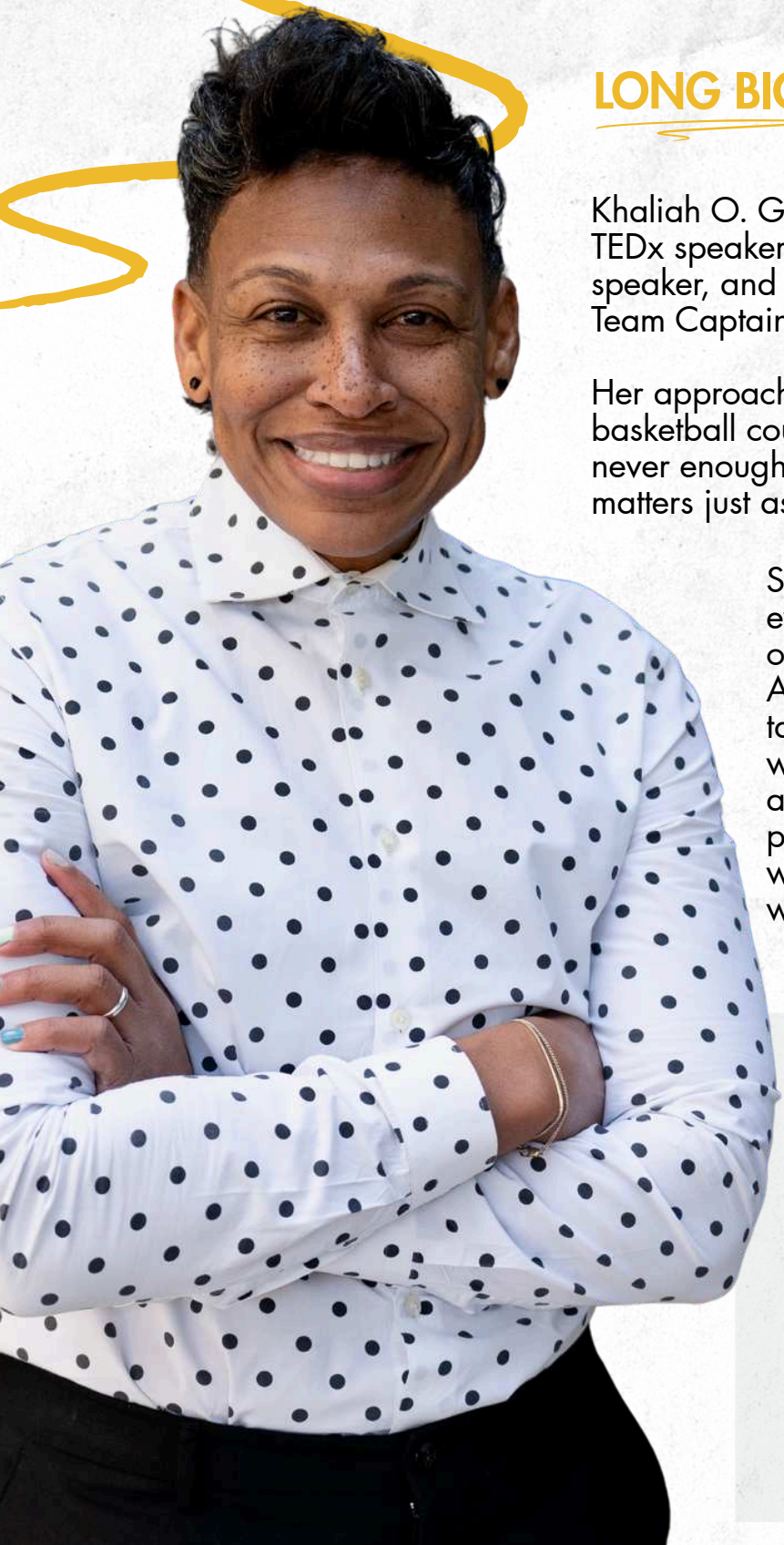
Khaliah O. Guillory is a former Fortune 100 Vice President, TEDx speaker, Certified Sleep Coach, tech founder, global speaker, and former NCAA Division I Women's Basketball Team Captain at the University of Central Florida.

Her work is rooted in a lesson she first learned on the court and later carried into corporate America: the environment surrounding performance matters just as much as the talent inside it. After overseeing a $1 billion book of business and leading more than 200 people, Khaliah saw firsthand how high performance can quietly become unsustainable long before the results begin to show it.

That experience became Performance Rehab™, her framework for helping organizations strengthen the conditions around leadership, culture, recovery, and performance. Today, Khaliah helps leaders and teams create environments where people can stay sharp, make better decisions, lead effectively, and perform at a high level consistently — without running themselves into the ground.

Khaliah O. Guillory

BIOGRAPHY



LONG BIO

Khaliah O. Guillory is a former Fortune 100 Vice President, TEDx speaker, Certified Sleep Coach, tech founder, global speaker, and former NCAA Division I Women's Basketball Team Captain.

Her approach to leadership was first shaped on the basketball court, where she learned that talent alone is never enough. The environment surrounding performance matters just as much as the people inside it.

She carried that lesson into corporate America, eventually leading more than 200 people and overseeing a $1 billion book of business. Across every role, she saw the same pattern: talented, committed people could still deliver while quietly losing energy, clarity, creativity, and capacity. Khaliah knew that feeling personally. She had performed at a high level while running on empty and telling herself that was simply the cost of success.

That experience pushed her to study recovery and human performance with the same intensity she once brought to the game. What emerged was Performance Rehab™ — a framework designed to strengthen the conditions around leadership, culture, recovery, and performance.

Today, Khaliah helps organizations create environments where people can think clearly, lead effectively, adapt, and sustain high-level performance without burning through the very people the business depends on.