

Lou Russell

Lou Russell is the CEO/Queen of RMA, an executive consultant, speaker, and author whose passion is to create growth in companies by guiding the growth of their people. In her speaking, training, and writing, Lou draws on 30 years of experience helping organizations achieve their full potential. She inspires improvement in leadership, project management, and individual learning.

Lou is the author of 7 popular and practical books: IT Leadership Alchemy, The Accelerated Learning Fieldbook, Training Triage, Leadership Training, Project Management for Trainers, 10 Steps to Successful Project Management and Managing Projects.



As a sought-after international speaker, Lou blends her humorous stories with her on-the-ground experience to speak to the real problems of the people in the room. Encouraged by Lou's upbeat and practical style, every learner leaves with new enthusiasm and tools to improve their bottom line. You will be moving, laughing, participating, inspired and challenged. Most importantly to Lou, you will learn.

Lou has spoken at over 300 conferences including ASTD International, Society of Information Management (SIM), Training, American Museum Association, Nursing Educators, Project Management Institute, Project World and many corporate events. Lou writes her own monthly e-zine, Learning Flash, with a loyal readership of over 25,000 people. She offers monthly webinars and has authored courses for Villanova University, Nielsen, Elluminate and ASTD.

Lou serves on the board of directors for Butler University, was elected to "Who's Who in Indiana Technology" in 1995 and named "Women of the Year" in 2000 by Women & Hi Tech. She has an "expired" BS from Purdue in Computer Science and an MS in Instructional Systems Technology from Indiana. She started the local "Wine and Whine" group in Indianapolis, and is past president of the local SIM chapter. Her business is a certified Women's Business Enterprise and a Project Management Institute partner.

In her spare time, she learns from her husband and three daughters, volunteers and plays and coaches soccer.