

# Challenge Yourself to Dig Deep and Break Barriers!



Ingrid is a catalyst for  
*Igniting Passion*  
*Shifting Thinking*  
*Driving Performance*



The daughter of Argentine immigrants, Ingrid Centurion is a true embodiment of the American Dream, who knows what it takes to win in a male-dominated profession, having served twenty-two years in the US Army. She operated in mission-critical environments from the cockpit of multiple aircraft platforms UH-1H (Huey), UH-60 (Blackhawk), RC-12P (Guardrail) to the controls of ground robots and unmanned aircraft systems. She was the first female Company Commander of an all-male Hispanic flight training company at the Western Hemisphere Institute of Security and Cooperation at the United States Army Aviation Flight Training Center of Excellence. Ingrid flew missions worldwide and is used to working in fast-moving dynamic environments where real-time actionable intelligence is critical. Similar challenges are found in dynamic business markets, where critical decision making is key to evolving environments and business success.

*Ingrid offers customized  
keynotes*

*Inspirational with  
humor, candor &  
authenticity*

*Ingrid encourages her  
audiences to strive for  
creativity in the  
workplace..make a  
difference in their own  
life...make a difference in  
the lives around them*

***Individuals and teams who achieve at the highest levels go to the edge of boundaries, maximize accomplishments & adhere to a pinnacle standard of excellence!***

901.289.8158 | [ingrid@centuriontechnologies-llc.com](mailto:ingrid@centuriontechnologies-llc.com)  
[www.IngridCenturion.com](http://www.IngridCenturion.com)

# Testimonials ~ Speaking Topics

"Ingrid is an amazing speaker and the best facilitator at the USHLI Conference ." Yoger Pinto

"Ingrid is inspiring, motivating, captivating and she knows to how connect with the audience. She delivers, invite her back!"

"Ingrid is an amazingly effective speaker, I've heard her in multiple settings, and she always delivers. High energy, laser focused and a powerful personal example of overcoming hardship to achieve extraordinary results. She understands how to leverage innovative technologies to attain business growth and is the best I have seen at sharing her knowledge with others. A superb team-builder, Ingrid is instant value-added to any organization."

Carter F. Ham      General, US Army Retired  
President & CEO, Association of the United States Army



*Current  
Relevant  
Exciting  
Motivational*



## Soaring to the Top

Ingrid will leave your group with the inspiration to put into action the principles of self-leadership. She is a skilled trainer and motivator who will inspire your team to soar to the top!

## Make Confidence Part of Your Inner Core

This riveting message provides clear insight into the possibilities of your potential! Ingrid offers relevant actions you can implement which will result in a mindset of positivity & the confidence that you can create a successful future for yourself and your organization.

## Values Based Leadership

Understanding your own personal values, your organizations' core values and your teammates' values are critical to contributing and building a long lasting and successful business Ingrid presents an insightful and thoughtful keynote that focuses on how to build a successful team and thriving workplace where people will love coming to work.