



SPEAKER + MEDIA KIT

Dr. Karla Hylton Dixon

SCIENTIST & TRANSFORMATION EXPERT

PhD Biotechnologist | Author | Keynote Speaker

*“Transformation is not only
emotional. It is biological.”*

karla@khyilton.com

404.637.4398

khyilton.com

A scientist who makes transformation intelligible.

Dr. Karla Hylton Dixon is a PhD-trained biotechnologist, award-winning author, and keynote speaker whose work brings scientific structure to the human experience of pressure, disruption, rebuilding, and identity change.

Drawing from cell biology, accessible neuroscience, decades in education and writing, and her own experience of profound personal collapse and reconstruction, she translates complex ideas into language audiences can understand, remember, and use.

She is the founder of the Science of Becoming Institute and Women Who Emerge, and the author of more than fifteen books. Her central premise is clear: transformation is not only emotional. It is biological.

AT A GLANCE

- PhD in Biotechnology
- Award-winning author of 15+ books
- Founder, Science of Becoming Institute
- Founder, Women Who Emerge
- Board Member, Jamaica Museum and Cultural Centre in Atlanta
- Jamaican-born | Atlanta-based



Science, story, and a language for what people are living through.

Adaptable for conferences, organizations, universities, associations, and community audiences.

01

THE SCIENCE OF BECOMING

How living systems reorganize under pressure - and what biology reveals about resilience, identity, and meaningful change.

02

THE RUBBLE BENEATH THE RESUME

A clarifying conversation for accomplished people whose public competence has hidden exhaustion, survival patterns, or an identity that no longer fits.

03

FROM SURVIVAL TO SOVEREIGNTY

What happens after the crisis ends: rebuilding agency, restoring inner authority, and making choices from coherence rather than fear.

04

THE BIOLOGY OF ORGANIZATIONAL CHANGE

Why people resist, adapt, and reorganize under pressure - and how environments can support durable change without demanding constant strain.

AUDIENCE EXPERIENCE

Her talks are not motivational. They are clarifying.

Dr. Karla gives audiences a framework for experiences they often feel but cannot yet name. The result is not a temporary emotional high. It is recognition, language, and a more intelligent next step.

AUDIENCES LEAVE ABLE TO

- Recognize the biological patterns beneath stress, disruption, and reinvention
- Understand why change can feel threatening even when it is chosen
- Replace shame with structure and self-blame with understanding
- Identify next-stage actions that restore agency and coherence
- Remember a framework they can carry beyond the room

FORMATS

- Keynotes and conference addresses
- Fireside and author conversations
- Executive and professional sessions
- Panel moderation and featured interviews
- University, faith, and community events

A portrait of Dr. Karla Hylton Dixon, a woman with shoulder-length brown hair, smiling. She is wearing a white short-sleeved top with a bow at the waist and a white watch on her left wrist.

800

APPROXIMATE ATTENDEES

Jamaica Teachers' Association
keynote audience



IN THE ROOM

Scientific rigor. Human warmth. Lasting recognition.

 *Dr. Karla breathed life into me.*

DESIREE Emergence Table | March 2026

 *It brought tears to my eyes. What a powerful speaker.*

FAITH Doraville Chamber of Commerce Women's History Month Luncheon | March 26, 2026

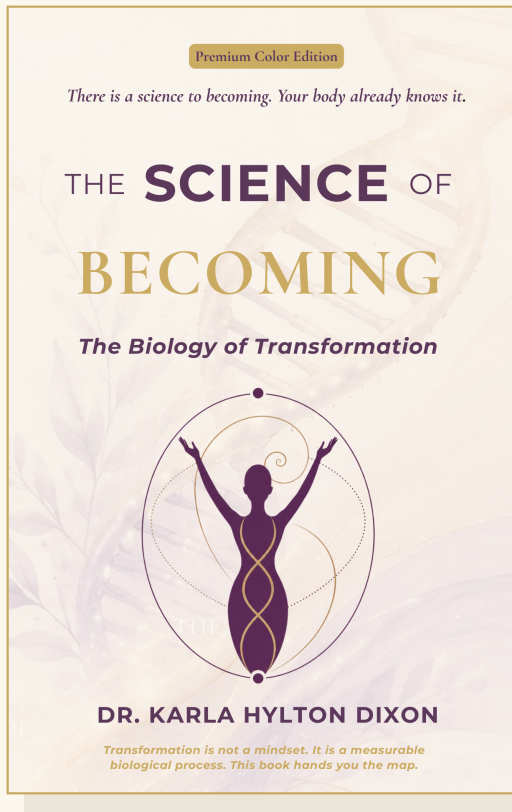
SELECTED AUTHORITY

PhD biotechnologist | Former university educator | Author of 15+ books | Founder of two distinct bodies of work | Board service in Atlanta's Jamaican cultural community | Television, podcast, print, and stage experience

The Science of Becoming

The Biology of Transformation

Coming September 12, 2026



This flagship work connects the science of living systems with the human experience of survival, release, adaptation, rebuilding, and identity change.

The book gives readers a six-stage map for transformation - not as a tidy linear journey, but as a patterned process the body has been participating in all along.

THE SIX STAGES OF THE ART OF EMERGENCE

FRACTURE

EXCAVATION

CLARITY

RECLAMATION

INTEGRATION

SOVEREIGNTY

CONNECTED PLATFORMS

SCIENCE OF BECOMING INSTITUTE

The educational and intellectual home for the framework, courses, assessments, organizational experiences, and speaking.

WOMEN WHO EMERGE

The community and experiential belonging arm, created specifically for women moving from survival to sovereignty.

KHYLTON.COM

Dr. Karla's author, speaker, media, and public thought home.

SELECTED MEDIA + BOOKING

Bring a scientist's clarity to the conversation.

SELECTED PLATFORMS

Atlanta Live with Aurea McGarry

Koffee with Kenya

The Wayne Hall Show

CVM Television

Carib Nation TV

Jamaica Observer

Resilience Unlimited

Jamaica Teachers' Association

READY-TO-USE INTRODUCTION

Dr. Karla Hylton Dixon is a PhD-trained biotechnologist, award-winning author, and keynote speaker whose work translates the biology of transformation into language people and organizations can understand and use. She is the founder of the Science of Becoming Institute and Women Who Emerge, and the author of *The Science of Becoming: The Biology of Transformation*. Her talks bridge science, story, identity, and the lived process of rebuilding after pressure and disruption.

Available for keynote, media, conference, association, university, faith, and community conversations.

SPEAKING & MEDIA INQUIRIES

Dr. Karla Hylton Dixon

karla@khyilton.com | 404.637.4398 | Atlanta, Georgia

khyilton.com | scienceofbecoming.com | womenwhoemerge.com