



Speaking Topics & Descriptions

How to Be Heard- Unconscious Bias

In this empowering and engaging presentation, Stacy will lead a discussion on some of the ways Unconscious Bias affects the work environment, from the C-suite down. Everyone has some sort of bias and the only way to work through it is to recognize, accept, and own it. Drawing on her background in communication and as a minority woman in business, she will provide tools and actionable strategies for audience members to implement in their personal and professional settings to recognize their own biases, chart a course for correction, and create lasting change in their lives. She will challenge the status quo and encourage women (and their allies) to not only *lean in* to the proverbial table but to speak up and **BE HEARD**. Stacy's perspective is fresh and witty, as she shares examples from her days as once-a-bartender to now-a-board-member. In her own journey as a single mom on government assistance to now the founder of a nonprofit, Stacy feels passionately about inspiring others to find it within themselves to create the changes they wish to see in the world.

Leadership: Finding Your Place at "The Table"

This presentation teaches learnable behaviors that dramatically enhance leadership success. The concepts taught will help leaders stay focused despite pressure and distractions; open their minds to alternative viewpoints; invest in others by listening intently; energize people with the right amount of passion; and be courageous in crucial conversations. Stacy shares her wit and wisdom with real-world examples from her own experience, bravely moving into positions of leadership after years of self-doubt and limiting self-beliefs. From once a bartender to now a board member, Stacy believes everyone has a leader within them and she helps them achieve their fullest and greatest potential.

- Book references: "Lean In" by Sheryl Sandberg, "Leaders Eat Last" by Simon Sinek, "Dare to Lead" by Brené Brown and "The Inspiration Code" by Kristi Hedges

Service is the New Sales

If you've ever bought a car and thought to yourself about the salesperson, "Don't try to sell a salesperson. I know all your psychological tricks," this is the class for you. The sales industry is constantly evolving and hard sales tactics from times bygone are starting to lose their effectiveness. In Service is the New Sales, participants will learn how to create their businesses around their "WHY," the importance of community connection, and the power of giving back. They will have the chance to think outside of the proverbial box of typical sales tactics to create a sustainable sales model based on impeccable standards of service. Stacy shares experiences from her role as an award-winning sales rep and how she grew her territory's sales by more than 300%-- without making ONE cold call.

- Books referenced: “Start with Why” by Simon Sinek and “Never Split the Difference” by Chris Voss

Embrace Your Inner Badass

In this powerful presentation, Stacy takes her audience on a journey of self-discovery and enlightenment, challenging them to seek their own inner awesomeness. As a survivor of childhood trauma, Stacy spent over half her life in a spiral of shame and self-fulfilling failures. After running her first marathon in 2009, the trajectory of her entire life changed. Today she inspires, educates and empowers audiences to courageously own their stories and live epically authentic lives. She believes everyone has an Inner Badass and is passionate about helping them find it.

- Books referenced: “The Body Keeps the Score” by Bessel van der Kolk, “The Gifts of Imperfection” and “Rising Strong” by Brené Brown and “You Are a Badass” by Jen Sincero.

The Six Cs to Success

(Ideal as a half day workshop or, for more in-depth and long-lasting change, as a six-week coaching session.)

In business and in life there are core concepts to live by that help us achieve our purpose with passion. In this course, Stacy inspires, educates, and entertains her group with the following:

- Clarity- Start with Why
- Cultivating Pearls- Positivity from Pain
- Connection- Find Your Tribe
- Communication/Congruency- Live Authentically
- Care/Concern- Put Your Mask on First
- Commitment- How Bad Do You Want It?

Participants are invited and encouraged to share some of their trials and triumphs in this fun and engaging course meant to spark hope and positivity for things to come, despite previous past hardships. Based on Stacy’s story of “Failure to Finisher” and her experiences as a personal development coach, this seminar will meet participants on whatever part of their journey they are on.