

Stacy Bernal

Change Instigator, TEDx Speaker,
Author & Coach



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ABOUT STACY

Stacy Bernal is a Recovering Nobody. After a lifetime of mistakes and mediocrity, her life turned around after she crossed the finish line of her first marathon in 2009. From that day on, she found ways to discover her own Inner Badass and is today passionate about helping others find theirs. From trailer park trash to rising from the ash, Stacy believes everyone possesses greatness and some people need a little help tapping into theirs.

Stacy wants to create ripple effects of **positive change**, empowering people to live their **best** and most **authentic** lives. Whether you hire her for your next event as a kickass keynote speaker, treat your team to one of her engaging workshops, or want to work with her for one-on-one coaching, Stacy will provide the tools for you and your audience to leave feeling inspired, fired up and ready to slay your own dragons.

Stacy has been featured on HuffPost, IdeaMensch, Thrive Global, Chicago Now, Scary Mommy, Autism Parenting Magazine, and HER Magazine. She recently published her first book, *The Things We Don't Talk About: A Memoir of Hardships, Healing, and Hope*. She contributed to *Own the Microphone: How 50 of the World's Best Professional Speakers Launched Their Careers (and You Can, Too!)*. From once-a-bartender to now-a-board-member, she feels purposeful about sharing her message of triumph, inspiration, and empowerment.



SPEAKER TOPICS

Expert Topics:

- Failure to Finisher: Finding Your Inner Badass
- Am I a Jerk at Work?: Combating Unconscious Bias
- Inspirational Leadership: YOUR Place at “The Table”
- The Six Cs to Success
- Service is the New Sales

ACCOLADES & ACHIEVEMENTS

- 2020 TEDxOgden Speaker “Confessions of a Recovering Nobody”
- Outspoken!™ online speaker coaching course
- US Chapter Founding Member of the global organization Women KeyNote Speakers
- Founder of Awesome Autistic Ogden and the Bernal Badassery Foundation 501(c)(3) nonprofit
- WSU Alumni Association Board of Directors
- Ogden City Diversity Commission
- Internationally acclaimed speaker
- Author of *The Things We Don't Talk About*
- Contributing writer for numerous publications including Autism Parenting Magazine and Scary Mommy
- Ogden Marathon Race Ambassador
- WSU 2013 Summa Cum Laude Outstanding Graduate of the Year, PR & Advertising
- Marathoner, triathlete and ultra-marathoner

TESTIMONIALS



Stacy is the 'Real Deal' ... she communicates and connects with people in an honest, inspiring way that leaves you a better person just by hearing her! Thank You Beautiful Stacy for all of your BadA\$\$-ery! You're Amazing!

Michele W.



Stacy is one of those amazing speakers that you could never get sick of hearing. Having heard her speak dozens of times, it doesn't get old, she always changes it up just a but. I still get teary eyed hearing particular stories.

Harmony N.



Her words are vulnerable, powerful, electric, and raw. She will have you laughing and crying all in a matter of minutes. The way Stacy connects to her audience quickly is a testament to her honesty that everyone can relate to.

Jen S.



Stacy connects to her audience using genuine, raw emotion. She shares her life's journey in a humorous, yet heartfelt manner. Stacy motivates and inspires her audience, while keeping them engaged and entertained.

Shelly B.

PAST ENGAGEMENTS & CLIENTS



NASPA
Student Affairs Administrators
in Higher Education



KW NYC TRIBECA
KELLERWILLIAMS.

TEDx Ogden
x = independently organized TED event



Women's Council of
REALTORS

**WELLS
FARGO**



BOYS & GIRLS CLUB



**FL FRESH
LIVING**