



Speaking Topics & Descriptions

Am I a Jerk at Work?

Combating Implicit Bias

In this empowering and engaging presentation, Stacy will lead a discussion on some of the ways Implicit 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 marginalized groups (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 real and relatable examples of how bias manifests in everyday life. 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.

Public Speaking for People Who Reeeeaally Don't Like Public Speaking

It is said that people fear public speaking more than they fear death. Death, y'all. In this fun and interactive workshop, TEDx speaker and coach Stacy Bernal speaks about, well... speaking. She'll pull back the curtain and shed light on what it takes to stand in the spotlight, whether it's for an audience of one, ten, or ten thousand. She'll cover topics from Communication Skills 101 to Body Language Basics to How to Avoid Death by PowerPoint. From the time in 8th grade when she won a public speaking competition in Goose Creek, SC to standing sweaty-palmed and dry-mouthed in college public speaking classes, Stacy has discovered a true joy in the power of presenting. She hopes to help others find their own voice and unique style. Attendees will leave inspired and ready to command whatever stage, podium, or microphone they find in front of them.

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.

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.