

Stacy Bernal

Change Instigator, TEDx Speaker,
Author & Coach



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ABOUT STACY

Author and TEDx speaker Stacy Bernal is a Change Instigator, inspiring and empowering audiences around the world. A vocal proponent of diversity, equity, inclusion, and representation, she believes everyone is capable of creating positive, lasting change in their lives, communities, and ultimately the world.

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 DEI 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 Implicit Bias
- Inspirational Leadership: YOUR Place at “The Table”
- Public Speaking for People Who Reeeeaally Don’t Like Public Speaking

ACCOLADES & ACHIEVEMENTS

- 2020 TEDxOgden Speaker “Confessions of a Recovering Nobody”
- WSU 2013 Summa Cum Laude Outstanding Graduate of the Year, Communication, PR & Advertising
- Diversity & Inclusion Certificate, Cornell University
- 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
- OWTC Board of Trustees
- 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
- Marathoner, triathlete and ultra-marathoner

TESTIMONIALS



Stacy is hilarious, encouraging, and relatable. providing instruction on public speaking to a room of diverse professionals who are well established in their careers could be challenging and intimidating but Stacy handled the group like a champ! I would recommend her to speak in front of any group. She is amazing!

Becky M.



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.



Stacy delivers a wonderful perspective on implicit bias. This training is a must if you are committed to bringing diversity and inclusion to your workplace.

Gladyris L.



Stacy was insanely easy to connect with. The more she spoke, the more I became interested in her presentation. I appreciated her enthusiastic approach to convey her successes as well as her failures. Down to earth with real life experience. Not to mention, her vibe is rad!

Jason H.

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**