



Stephanie's Most Popular Topics

Motivational/Life Balance:

It's Never too Late to Have the Life you Want

Most of us were emotionally, physically, or sexually wounded as children. In this moving and enlightening one-hour presentation, your audiences will learn what they can do to heal, how to fulfill their potential, how to determine what fuels them and how to express it, and much, much more. Stephanie also outlines her signature DEFOG system in this talk.

- Why you hesitate to speak out and three easy ways to be heard more often
- Why and how to pay yourself first
- How to discover who you truly are and fulfill your potential

Women in Society:

5 Tips to Making it All Work: Business, Home, Self, Spirit

In this dynamic, one-hour presentation, Stephanie will show your participants why putting themselves first is smart, not selfish. They will learn how to ask for what they want without beating around the bush, hinting, sarcasm, or tears. It's communication made simple, and they will rediscover who they truly are by learning about Stephanie's signature DEFOG process.

- Pay yourself first—for life. Putting yourself first is smart, not selfish
- Speak your truth: People can't read your mind
- Learn to ask for what you want directly, without sarcasm or tears
- Communicate effectively: Understand social styles and other key compatibility factors
- Be heard and understood with the magic phrases that unlock cooperation from others

Communication/Relationships:

How to Communicate with Anyone—Even the Opposite Sex

Audiences are transfixed by Stephanie's novel approach to the difference between the sexes. In this one-hour talk they will learn why "honesty" and "communication" mean different things to different people, how hurting someone's feelings might be the best thing to do, and how to easily increase communication and reduce conflict among teams and co-workers.

- Learn the difference between "Honesty" and "communication," which mean different things to people with different defensive styles
- Why you shouldn't worry about hurting someone's feelings
- Why honesty is always the best policy, even when the truth "hurts"
- How to build teams by easily increasing communication and reducing conflict
- Special communication skills for couples who work together: better communication leads to more flow and more fun, on and off the job

Just for Teenagers:

Dream Stealers: What They Are and How to Combat Them

Your teenage audiences will learn that dream stealers come in many shapes and sizes, often disguised as people who are supposed to be helping them. They will learn how to find supporters, fans, and mentors, plus how to counter abuse. Most importantly, by the end of this one-hour presentation, they will leave with skills to keep their dreams intact.

- Dream stealers come in many shapes and sizes
- Why people who are supposed to be helping you are sometimes your biggest challenge
- How to find supporters, fans, and mentors to help you
- What to do if someone abuses you: what to say, who to tell
- How to keep your dream intact