



Speakers Bureau of Canada

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## Stephanie Staples

Healthcare, Burnout Prevention, Leadership, Health and Wellness Expert

*"Explore your options, expand your thinking and let creativity take you on a journey where the W.I.N. could be more important than you ever imagined." - Stephanie S*



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**Language Spoken**

English

**Travel's From**

Victoria, British Columbia

## Speaker Biography:

Stephanie Staples (CSP), is a recovering burnt-out nurse and a serial entrepreneur. She has founded three businesses (two successful – one a nightmare, you can't win them all!) and is the 2014 Manitoba Woman Entrepreneur of the Year Contribution to Community award winner. This award is especially meaningful to her as giving back to the community locally and globally is equally important as building a successful business.

She is the author of two books (soon to be 3), *When Enlightening Strikes: Creating a Mindset of Uncommon Success* and *Your Life, Unlimited: A Guided Journal* and a regular expert columnist for both print and online periodicals including [nursetogether.com](http://nursetogether.com).

Oh and did you know she is also a ... take a big breath it's a long title ... 'Specialized psycho-social employee-wellness & workplace-health services consultant' for Health Canada. Her kids just think she's 'psycho' period. As a consultant, she works with hospitals, working with everyone from front line staff to physicians to the CEO's, to help them grow themselves strong and serve their patients and colleagues with excellence.

Stephanie Staples is the Radio/TV host of *Your Life, Unlimited*. She is also the author of *When Enlightening Strikes - Creating a Mindset for Uncommon Success*. Stephanie takes personal coaching on a grand scale! She creates an experience for her audiences to make them think, feel and act in a more positive and pro-active way. Stephanie's mission is to connect with her audiences using humor, heart and passion. She speaks about real issues affecting real people. Her proven A5 Success Building Strategies have been called "life changing". Simply put, they get to the mind and soul of audience members and build on their already developed leadership, communication and wellness skills. Her present career is influenced by her eclectic background of nursing, fitness, business and communications and her passion for personal growth.

Adding to her list of 'things' she does, Stephanie Staples is also professional MC (Emcee/Master of Ceremonies) and is the host/producer of momondays Winnipeg (Motivational Mondays) a super-fun and uplifting evening where real people get to tell real stories that help inspire others to make the world a better place. In 2013, Stephanie Staples became a Certified Speaking Professional (CSP) because of her content rich presentations and unique speaking style. The CSP the highest earned designation in the speaking industry.

Stephanie's speaking style is high energy, humorous, empowering and entertaining. With a professional background in nursing, personal coaching, fitness, communication and business and a personal background as a wife, a mom and chief bathroom cleaner, she is real and genuine and easily connects with her audiences. Stephanie Staples combines a little from each arena to create exceptional take-away value for her clients. The perfect opening or closing keynote, Staples is also happy to oblige with breakouts, half or full day workshops. Above all, she will engage your audience and excite them to implement practical, do-able skills from her presentations. Stephanie Staples teaches the tools that will make them more successful in their personal and professional lives. Tools that will last long after the presentation is over.

## Topic Presentations

### **BRING YOUR 'A' GAME TO WORK AND LIFE!**

Have you ever been tired, overwhelmed, stressed and it's not even lunch time yet? Do you have staff members, colleagues or even loved ones that seem disengaged and determined to find negative in even the best news? Are you thinking that there must be something more, but can't quite put your finger on what it is?

Never fear... help has arrived!

"Bring your 'A' game to work and life!" is a series of keynotes and workshops that are bringing rave reviews from both meeting planners and participants alike. Follow Stephanie's five strategic 'A' strategies for a life of success and significance and learn not only what it takes to W.I.N., but how specifically to do it!

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## **WHEN ENLIGHTENING STRIKES - CREATING A MINDSET FOR UNCOMMON SUCCESS**

What to do when it does...and when it doesn't!

To encourage, support and guide you as you navigate the challenges of moving from merely surviving to absolutely thriving.

Choose this program if you want to...

- recognize personal roadblocks that are preventing you from achieving success in all areas
- identify action oriented strategies to get re-inspired and re-engaged
- learn key components to creating a healthy & resilient workplace
- explore techniques for incorporating joy and appropriate humour at work and home
- have a personalized take home plan with follow up implementation in place

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## **INSPIRED LEADERSHIP - HOW TO KEEP YOURSELF & OTHERS MOTIVATED AND INSPIRED!**

In our busy world it is easy to lose not only momentum but the spark that keeps us going through the tough times. Spending an hour in Inspired Leadership will leave you with immediately actionable ideas to implement both at work and home to increase hope, happiness, and feelings of being valued and appreciated.

Get your group on your side, inspired to work together to the good of the team.

This program is perfect for:

- Senior management
- Middle management
- Emerging managers
- Everyone who leads - which is actually everyone in some capacity! ☐

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## **THE “TRY” ANGLE - ENCOURAGING CURIOSITY TO ENHANCE YOUR LIFE & THE WORLD AROUND YOU!**

This program is perfect for every one who has a heartbeat, puts their socks on one at a time and secretly (or publically) wants a little more in their work & home life! The audience Experience The “Try” Angle philosophy. To encourage others to explore ways, reasons and benefits to thinking of things from an angle that encourages curiosity, overcomes barriers and reaps unthinkable rewards. If you want your team to think bigger, wonder more, question their first negative response when it comes to trying new things, challenging new experiences and/or meeting new people, this will be a great investment!

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## **YOUR LIFE, UNLIMITED - THE ULTIMATE QUEST FOR YOUR PERSONAL BEST**

To recognize, reinspire, reengage and reconnect you with your purpose and value. Choose this program if you want to:

- recommit to your own personal wellness
- create a vision, focus and plan for your future
- identify individual strengths and values
- feel empowered to create more
- have improved communication and leadership skills

## **ROCK YOUR NEXT EVENT WITH A ONE-OF-A-KIND MASTER OF CEREMONIES.**

Far more than just introducing the next speaker, as professional Emcee Stephanie will set the stage for success from the first promotion of the event until the last person leaves with a smile on their face.

Partnering with Steph, you can expect:

- pre-program consultation and interviews to customize the event
- a powerful, welcoming opening to set the tone you desire
- unique, well-researched introductions of speakers
- warm, appropriate bridging between speakers
- captivating, interactive activities to involve your audience
- an event that runs efficiently; on task and on time!
- energy and humour constantly infused throughout the event
- integration of your theme
- a fun, memorable and engaging event
- a powerful, pertinent close to send your people home happy and excited to come back next year!

And...panel moderation is also available!

## Videos



**Stephanie Staples || Free Hugs || Speakers Bureau of Canada**

Watch Video



**Stephanie Staples || Momondays Toronto || Speakers Bureau of Canada**

Watch Video

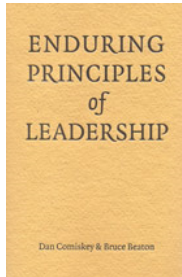


**Stephanie Staples || Make It Rain! || Speakers Bureau of Canada**

Watch Video



## Books



### **When Enlightening Strikes**

To keep enthused, inspired and refreshed on an ongoing basis, look no further than this book. This captivating journey of life, learning and letting go will be the catalyst you need to create the mindset for uncommon success - today!

## Testimonials

She gives a 'real life' presentation with useful information. Stephanie is humorous, energetic and has lots of great knowledge to share!"

***Marilyn Valgardson, MCCA***

"Stephanie is a funny, knowledgeable, energetic and dynamic speaker. She is thought provoking, motivates, and is pragmatic; she has the ability to talk at your level. You leave her session inspired, happy and content, with a number of ideas and small steps to focus on your attitude and make your life more fulfilling."

***Garry Nenson, Executive Director & Regional Vice-President The Canadian National Institute for the Blind***

"I would highly recommend Stephanie Staples as a motivational speaker. Stephanie exudes energy, engages the audience, is thought provoking and leaves everyone with great takeaways for dealing with stress in this hectic world of juggling too many priorities. Stephanie is a "must see" if your organization is looking at reducing absenteeism due to stress, providing tips on balancing work-life issues, and believes in investing in its employees well being for a more energized workforce."

***Evelyn Mayor, Director, Human Resources Canada Drugs***

"I don't think you have a clue on the impact you have made on me. You gave me hope Steph and strength and ideas and the boost I needed. So many of us need what you do!"

***Kathleen Griffin Borchardt Mayo Clinic Nurse***

Amazing. So much energy & positive-ness that it was contagious. Stephanie is genuine and it shows, she has put me on the right path towardxs a positive outlook."

***N. Zilkalns, Ontario Works***

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