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"Your people don't have a **Stress Problem**.
They have a **Strategy Problem**. I provide
Solutions."

Steph

KEYNOTE SPEAKER • CAMPUS & CORPORATE TRANSFORMATION EXPERT • PERFORMANCE STRATEGIST



WHY ORGANIZATIONS TRUST STEPH QUINN

- ✓ 95% of attendees leave with actionable tools they use the same day
- ✓ Repeat bookings across campuses & companies
- ✓ 46% of Employees & Students are mentally "checked out" - Steph tackles burnout head-on
- ✓ Creates measurable mindset & performance shifts in just one session
- ✓ High-energy delivery, practical insights, actionable results that last
- ✓ Every session tailored to your audience & industry

WHAT OTHERS ARE SAYING



"We were drowning in stress, disconnection, and burnout and it was affecting everything. Steph didn't just motivate our team, **she transformed how we show up**. We left her workshop with real tools we could use immediately, and **now our managers are leading with more clarity, energy, and peace, both at work and at home.**"

- MGP, Commercial Cleaning Company

"Steph gave our team tools that **instantly shifted our stress**. We walked away not just motivated, but with a brilliant framework & strategies to keep our peace under pressure."

- Corporate Training Participant

"Steph gave our students **quick wins**, common language and the framework to defuse stress, chaos & confidence. Her **PIPO framework is a student essential.**"

- Student Housing Director

ABOUT STEPH

Steph Quinn is a premium speaker who turns pressure into performance. Companies & campuses trust her because she delivers simple strategies & mindset shifts that stick...FAST.

Whether you're **guiding teams or students through stress and disruption**, Steph delivers science-backed strategies that turn overwhelm into leadership and chaos into a competitive edge.

EXPERTISE

Mental Wellness & Performance Strategy

- Resolving Stressors That Kill Performance
- Developing Emotionally Resilient Leaders & Teams
- Helping Students & Staff Master Emotional Strategy

Culture & Cohesion

- Restoring Cohesion in High-Stress Environments
- Designing Human-Centered Peace Plans That Work
- Clarifying Identity, Non-Negotiables, Energy Filters & Intentional Living

FLAGSHIP FRAMEWORKS

Built for people under pressure. Proven to work.

Peace Over Panic™

Human Intelligence for an AI-Driven World

Focus under pressure, fewer re-fires, better energy.

The PIPO Method™

Protect Your Peace, Ignite Your Performance

Your playbook for daily wins in chaotic environments.

The 5C Human Skills Lab™

Future-Proof Your Team

Build the five essential skills AI can't replace: Curiosity, Creativity, Critical Thinking, Clarity, and Compassion.

BOOKING OPTIONS

Available for select engagements designed to create meaningful transformation at scale.

- **Keynotes**
- **Small Group Intensives** - Managers, teams, students
- **Staff/Student Development & Retreat Sessions**
- **Multiple Event Pricing Available**
- **Not available for 1:1 coaching or online courses**

Ready to Book Steph Quinn? Bring clarity, peace & performance to your people.

For Availability & Custom Proposal: steph@stephquinn.com or 913.291.4115