



www.stephanieolson.com

Stephanie Olson

SPEAKING & CONSULTING
Workplace & Leadership, Human
Trafficking & Sexual Violence

MEDIA KIT

Hi. I'm Stephanie!

MOTIVATIONAL SPEAKER, AUTHOR & TRAINER

Stephanie Olson is a speaker, an author, a podcaster, and the CEO of The Set Me Free Project®. Stephanie helps leaders build resilience. Her work on teaching resilience in leadership has inspired people across the United States with topics such as leadership, trauma, a toxic workplace, mental health, and resilience. As a woman of color and a survivor of domestic and sexual violence, Stephanie brings lived experience, research, and humor to impact lives. She is a sought-after speaker on women, youth, human trafficking, and social media safety while leading The Set Me Free Project® to help prevent youth and young adults from personally experiencing trafficking.



 20+ years

in the speaking industry

 20+ organizations

have preferred
Stephanie

 5 ★★★★★

podcast ratings



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STEPHANIE ALSO ADDRESSES:

- ✓ **Fostering Cultural Humility in Addressing Sexual Violence and Sex Trafficking among Youth**
- ✓ **Sexual Violence in Our Schools & Our Communities**
Empower individuals and communities with the knowledge and tools needed to combat these issues and foster environments of safety and support.
- ✓ **Human Trafficking and Our Youth**
Learn how to keep our community safe.
- ✓ **Nonprofit Collaboration**

SPEAKING TOPICS

- ✓ **Turn Your Trauma into Triumph - Dealing with a Toxic Workplace**
We all have trauma. Learn how to use your trauma to drive you to success.
- ✓ **Imposter Syndrome - Embracing our Strengths and Delegating our Weaknesses**
- ✓ **Resilience in Life and Leadership**
Resilience is a huge part of leadership. Learn to transform your life through resilience.
- ✓ **How Do We Value Conflict in the Workplace?**
Learn how to value conflict in the workplace and life.
- ✓ **Setting Healthy Boundaries in the Workplace**
- ✓ **How To Deal With Difficult People**
Do you know difficult people? Yes, we all do! Learn how can we best manage our interaction with them without losing our mind!
- ✓ **We Can't Do it All**
It is so easy to try to "build a Kingdom," wanting to do it all in your business or organization. But if you try to do it all it's hard to do anything with excellence.
- ✓ **Moving From Regret To Renewal**

WORKED WITH

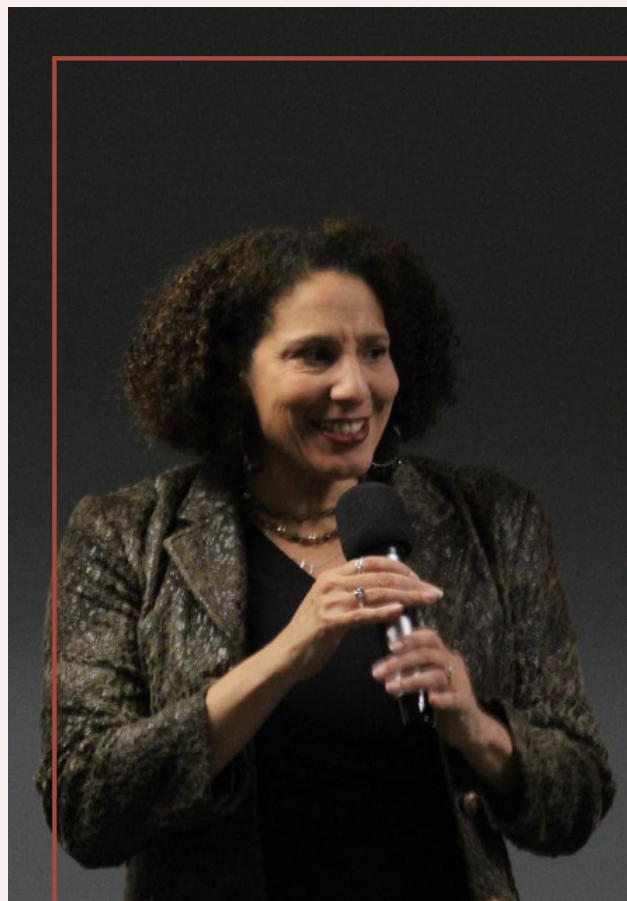


More about Stephanie

WWW.STEPHANIEOLSON.COM

Stephanie's expertise spans a wide range of topics, including leadership development, resilience, youth development, sexual and domestic violence, sexual harassment, human trafficking, conflict resolution, toxic workplace relationships, difficult conversations, and managing difficult people.

As a woman of color and a survivor of domestic and sexual violence, Stephanie brings a unique perspective to her work, incorporating both lived experience and research to create meaningful impact. She is known for her engaging presentation style, and is able to infuse humor into even the most serious topics. Through her work, Stephanie is dedicated to making a positive difference in the lives of those she serves.



Client Testimonials

“

Having had the opportunity to attend events where Stephanie has been the keynote speaker; knowing her on a personal level; and serving alongside of her at times, I would strongly recommend her to any group seeking a speaker for their event.

Celeste Norman | Program Director at Bickford Assisted Living

“

The way Stephanie addressed the topic of trauma was amazing, and her information was absolutely spot on and very important. Stephanie's presentation style is truly engaging, and I appreciate all the effort she put into it.

Shari Collins | Project Director at Heartland Workforce Solutions



YOU CAN HIRE STEPHANIE FOR

Opening Keynote Speaker, Closing Energizing Keynote Speaker, Association Conferences and Conventions, Leadership Team Meetings, Team Building Meetings, Youth and College Events, Educator Events, Women's Events, Corporate and Nonprofit.

WHAT YOU CAN EXPECT

As someone who understands the challenges of being a workplace leader, Stephanie knows firsthand the added pressure of dealing with conflict, difficult conversations, and the trauma that others may bring with them. However, she also believes that it's possible for a workplace to function in a healthy, productive way in spite of these challenges. That's why she is here to offer her help and expertise.



GET IN TOUCH

Whether it's providing guidance on conflict resolution, facilitating difficult conversations, or offering trauma-informed training, I'm dedicated to supporting workplaces in creating a positive and thriving environment for all.

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www.stephanieolson.com



Stephanie