

INTRODUCTION

STEPHANIE SIMPSON

My name is (Speaker's Full Name). I am (leadership position), and it's my pleasure to welcome you. This program is sponsored by (list organization sponsors).

Stephanie Simpson is an artist, coach, educator, and the author of the "21-Day Stress Management Workbook: A Holistic, Interactive Guide to Re-Defining Your Relationship to Stress."

Stephanie holds a Bachelor of Arts in Interdisciplinary Studies from Emerson College, a Masters of Fine Arts in Dance Performance & Choreography from Smith College, and a Masters in Clinical Psychology with an emphasis on Spirituality, Mind, Body, and a focus on Organizational Change from Columbia University, Teachers College.

Her research focuses on fear and stress management, conscious leadership, group development, peak performance, and creativity/innovation. Drawing on her background in movement, mindfulness, trauma-informed practices, and psychology, she partners with people, businesses, and organizations to achieve their greatest potential by nurturing the connection between the mind, body, and spirit.

Please welcome Stephanie Simpson

Updated 7.5.2024