

## Speaker Intro:

It is my pleasure to introduce our speaker today, **Stephanie Puryear Helling**.

Stephanie is an international speaker, executive coach, and the founder of SPH Services—Leading People and Teams to Success. A former President of the National Apartment Association Education Institute and a Maxwell Leadership Executive Program Director, she is a nationally acclaimed leadership expert and multifamily strategist with more than 21 years of experience in operations, leadership development, and organizational transformation.

Stephanie has led transformational sessions for audiences of more than 2,000 leaders globally, specializing in leadership development, customer experience, team resilience, and change management—equipping organizations with practical strategies to elevate culture and performance.

She is the co-author of the upcoming book *Cracking the Rich Code, Volume 20*, alongside Jim Britt, with endorsement from Tony Robbins. She is also releasing her highly anticipated book and workbook, *She Doesn't Shrink: 21 Days and 21 Ways to Strengthen Your Resiliency Muscle*, this June—along with a signature keynote experience and an original song titled *She Doesn't Shrink*.

Stephanie is the host of the “You Know You Deserve More” podcast, where she interviews influential leaders, celebrities, and Hall of Fame and Lifetime Achievement Award recipients across industries.

Her work has been featured in MFE Magazine, CEO Weekly, New York Weekly, and Global Woman Magazine. She is a recipient of the NAAEI ACE Award and was named a Top 100 Female Entrepreneur by Global Woman Magazine.

Please join me in welcoming, **Stephanie Puryear Helling**.

## Speaker Outro:

Thank you, Stephanie, for sharing your insights with us today. We've gained valuable perspective on leadership, communication, and how to elevate our impact through more intentional, effective interactions.

From increasing self-awareness to strengthening how we connect, coach, and lead others, these are practical tools we can immediately apply to build stronger teams and drive better results.

If you'd like to continue learning from Stephanie, be sure to check out her podcast, *You Know You Deserve More*, available on Spotify. You can also download her free e-book, *Why Change Leadership Is Essential*, and sign up for her Leadership Newsletter at [www.leadingpeopleandteamstosuccess.com/contact](http://www.leadingpeopleandteamstosuccess.com/contact)—there will be a QR code on the final slide to make that easy.

Stephanie also hosts a monthly virtual leadership experience, *The Leadership Momentum Series*, featuring top thought leaders across industries—another opportunity to stay connected and continue growing.

And if you're ready to go deeper in developing your team's leadership, communication, and performance, I encourage you to connect with Stephanie for executive coaching, leadership development, or consulting through SPH Services.

Let's take what we've learned today and lead differently because of it.

Please join me in thanking Stephanie for an outstanding session.

