





INTERNATIONAL KEYNOTE SPEAKER

Stephanie Puryear Helling

SPH Services
Leading People and Teams to Success

AUTHOR | PODCAST HOST | EXECUTIVE COACH

LEADERSHIP & ORGANIZATIONAL CHANGE STRATEGIST

Leadership that moves people.

Experiences that move them to action.

20+
YEARS ON STAGE

37
VERIFIED eSPEAKERS REVIEWS

3,000+
IMC MAINSTAGE AUDIENCE

INTERNATIONAL MAINSTAGE EXPERIENCE

Two-time Global Mega Success speaker | 1,500+ global leaders

Selected to introduce Maxwell Leadership CEO Mark Cole at IMC | 3,000+ attendees

Corporate, state, national and international conferences for 20+ years







THE SIGNATURE KEYNOTE EXPERIENCE

Becoming ShrinkProof™

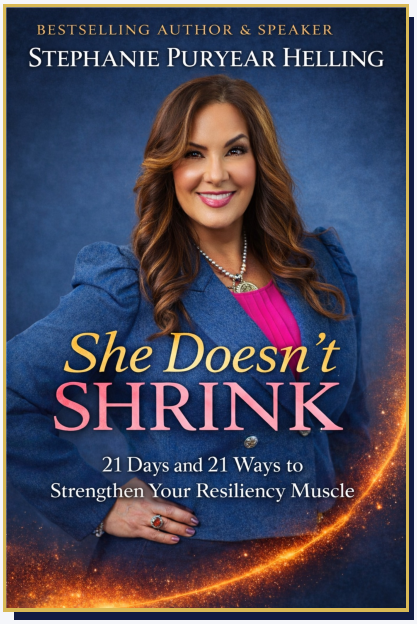
RESILIENCE / SELF-LEADERSHIP / PERSONAL TRANSFORMATION

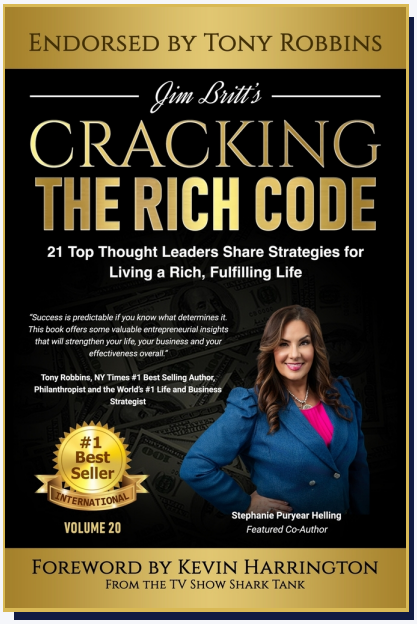
A dynamic experience blending executive insight, compelling stories, interactive reflection and practical strategies that audiences can apply. Participants explore how to navigate pressure, strengthen resilience, establish healthier boundaries and lead themselves and others.

AN ORIGINAL MUSICAL FINALE

She Doesn't Shrink — She Leads™ | Original, copyrighted lyrics by Stephanie

TWO PUBLISHED BOOKS





SHE DOESN'T SHRINK™

21 Days and 21 Ways to Strengthen Your Resiliency Muscle

CRACKING THE RICH CODE

Volume 20 | With Jim Britt

Book endorsed by Tony Robbins

Foreword by Kevin Harrington

PODCAST | MEDIA | RECOGNITION

You Know You Deserve More™

Conversations with Jillian Michaels; Joe Foster, Reebok founder; former NBA star Cuttino Mobley; former U.S. Comptroller General David M. Walker; and celebrated national industry leaders.



FEATURED: CEO Weekly • New York Weekly • Global Woman Magazine

GLOBAL WOMAN TOP 100 2023 & 2024 | 2025 COACH AWARD FINALIST

SIX WAYS TO PARTNER

Expertise beyond the keynote

SPH Services
Leading People and Teams to Success

EXECUTIVE EXPERIENCE & CERTIFICATIONS

Former VP of Learning & Development • 25+ years of leadership experience

Certified Speaker • Executive Coach • Facilitator • Virtual Presenter

Certified Behavioral & DISC Consultant • CliftonStrengths Coach • NAAEI Past President

KEYNOTE SPEAKING & LEADERSHIP EVENTS

Keynotes and interactive experiences that build resilience and impact.

The MAXWELL METHOD of SPEAKING™

EXECUTIVE & LEADERSHIP COACHING

Private coaching for clarity, influence and confident decision-making.

The MAXWELL METHOD of COACHING™

TEAM PERFORMANCE & CULTURE DEVELOPMENT

Team experiences strengthening trust, communication and accountability.

The MAXWELL METHOD of LEADERSHIP™

STRATEGIC ADVISORY & CHANGE CONSULTING

Aligning teams, navigating change and executing strategy.

The MAXWELL METHOD of LEADERSHIP™

SALES & CUSTOMER EXPERIENCE LEADERSHIP

Strengthening sales performance and customer experience.

The MAXWELL METHOD of SELLING™

SPEAKER DEVELOPMENT & COMMUNICATION STRATEGY

Executive presence, communication and speaking with authority.

MAXWELL SPEAKERS CLUB™ INTERNATIONAL

PROPRIETARY IP

ShrinkProof™ Leadership Framework | The Clarity Leadership Method™

PROFESSIONAL CERTIFICATIONS & AFFILIATIONS

MAXWELL LEADERSHIP CERTIFIED TEAM EXECUTIVE PROGRAM LEADER

MAXWELL LEADERSHIP CERTIFIED TEAM MENTORSHIP PROGRAM

espeakers CERTIFIED VIRTUAL PRESENTER

The MAXWELL METHOD DISC — OUTGOING, DOMINANT, INFLUENCING, STEADY, CONSULTANT, TASK ORIENTED, PEOPLE ORIENTED, RESERVED

MAXWELL LEADERSHIP CERTIFIED TEAM DISC CONSULTANT

MAXWELL LEADERSHIP CERTIFIED TEAM MEMBER

MAXWELL LEADERSHIP CERTIFIED TEAM DISC TRAINER

NSA NATIONAL SPEAKERS ASSOCIATION

EXPLORE STEPHANIE'S WORK

SPEAKER PROFILE

BOOKS BY SPH

LEADERSHIP INSIGHTS

SHEDOESNTSHRINK.COM

FULL CREDENTIALS & ORGANIZATIONS

CONNECT + FREE RESOURCES

eSPEAKERS | 37 VERIFIED REVIEWS