



# Stephanie Denise

## Media Guide

Keynote Speaker, Coach, Media Contributor  
Expert Panelist, Moderator, Host/Emcee



[stephaniedenise.com](https://stephaniedenise.com)



[hello@stephaniedenise.com](mailto:hello@stephaniedenise.com)



# Welcome



Welcome to the official media guide for Stephanie Denise Barksdale (professionally known as Stephanie Denise), an esteemed executive and high performance coach, leadership development strategist, media contributor, and empowerment speaker. This guide is designed to provide you with comprehensive information about Stephanie Denise's background, areas of expertise, unique value proposition, and contact information.

## What You'll Find in This Guide

**Biography:** Learn more about Stephanie Denise's journey, achievements, and the principles that drive her work on page 3.

**Expertise & Areas of Focus:** Discover the key topics that Stephanie Denise covers in her keynotes, which are designed to educate, inspire, and spark action on pages 4 & 5.

**Testimonials:** Hear from clients and audience members about the impact of Stephanie Denise's coaching and speaking engagements on page 6.

**Contact Info:** Book a Connection Call to learn more about personalized offerings for you and your audience on page 7.



Together, let's embark on a journey that transcends one-size fits all resources, outdated principles, and trainings that lack meaningful content. Instead, let's courageously address the realities of combating burnout, navigating office politics and overcoming decision fatigue. Together, we'll honestly address the nuances of performing under immense pressure to achieve exceptional results. Welcome to a new era of success with Stephanie Denise.



# Biography

Several years ago, I faced what felt like an early mid-life crisis when I was offered a once-in-a-lifetime chance to join the NBA's exclusive Referee Developmental Program — a role that would surely catapult my career to unprecedented heights. When unforeseen circumstances forced me to decline the opportunity, I was left devastated by an overwhelming sense of failure. That experience changed the course of my life, and I began a journey to learn the art of turning major setbacks into game-changing successes.

Hello, I'm Stephanie Denise. Avid Adventurer. Calculated Risk-Taker. Status Quo Disruptor. Fierce Competitor. Whether I'm in a boardroom or on the basketball court, I'm still the kid from Houston, Texas who has a vivid imagination and dares to dream. From leading multi-million-dollar campaigns, to empowering the world's top coaches and athletes, to elevating high-performance brands, I am passionate about bringing big visions to life. But it's not just about achieving success; it's about embracing the journey that gets you there.

## Fun Facts

**Hometown:** Houston, TX

**Resides:** Harlem, NY

**Affiliations:** Delta Sigma

Theta Sorority, Inc.

**Favorite Book:** The Big

Leap By Gay Hendricks

**Favorite Quote:** If you stay ready, you don't have to get ready.

**Food is her love language.**

Having navigated the highs and lows of high-pressure environments, across Sports, Media, and Telecommunications. I bring a fresh distinctive edge to my work that you won't find anywhere else. I don't just offer guidance — I am a dedicated strategic partner ready to facilitate your path to success. Imagine having a catalyst in your corner with a relentless commitment towards ensuring you exceed your limits and overcome roadblocks.

I serve competitors in every sense of the word. Given my unique background, I train elite athletes, executives, established entrepreneurs, and brands on how to redefine leadership and increase productivity. With my signature frameworks they're able to embrace the climb and attain their goals, without sacrificing their core values. In short, I help winners keep winning. Join me in redefining what's possible, as we achieve remarkable results together. Celebrating the victory in every step, rather than focusing on the final rep.

# THE ELEVATE METHOD

Embrace the climb, and attain your goals without sacrificing your core values. **The Elevate Method** is a powerful framework that transforms ambitious visions into actionable steps based on your desired goal, while defying conventional wisdom.



[www.stephaniedenise.com](http://www.stephaniedenise.com) | [hello@stephaniedenise.com](mailto:hello@stephaniedenise.com)

- 1.** Get abundantly clear on what you want.
- 2.** Analyze your inner dialogue and identify any untruths.
- 3.** Determine what's the next "best" micro-step you can immediately take.
- 4.** Build momentum by prioritizing task completion and productivity over performance.
- 5.** Define what items you are responsible for and what falls outside your scope.
- 6.** Check-in to verify if your thoughts, behaviors, and actions are in alignment with what you want.



# Signature Speaking Topics

## The Quintessential5

This keynote isn't just a speech; it's a powerful conversation where we'll convert the insights from your Q5 Audit and turn them into actionable steps towards accelerating growth. This highly interactive session can be a one-time event or the cornerstone of a deeper, ongoing curriculum. Whether you're an ambitious individual aiming to elevate your performance or a team committed to transformative development, this keynote delivers.

## Officially Human

We're currently in a trust drought, where skepticism is the norm. This keynote addresses a crucial truth: the greater the goal, the more your brain perceives the goal as a threat. To reverse the drought we have to examine your patterns. We'll explore how your brain's perception of goal achievement can undermine your success and how you may be unintentionally blocking your own path. But be prepared — this isn't a feel-good pep talk; it's for those who are ready to unpack the reality of self-distrust and shame, and unlock accountability.



## Curveballs, Crossovers, & Cuts

In a world inundated with polished photos, glossy highlights, and curated narratives, failure, the raw unfiltered side of success is frequently ignored. This keynote delves into the reality of failure —those gut-wrenching moments when hard work doesn't pay off, when defeat feels like a crushing blow, or when breaking through that glass ceiling seems impossible, and examines how to recenter when you can't move beyond the paralyzing feelings of disappointment.

Stephanie Denise delivered a keynote that gave me goosebumps. I felt like she was speaking directly to me. She didn't just offer us advice; she gave us confidence. She was clear and concise in her communication offering fresh, innovative ideas that I would never have considered on my own. At the end of the event I walked away with a clear roadmap that I could implement.

~ **G. Baptise**

Stephanie not only helped me refine my leadership style but also empowered me to make bolder decisions on the field. Her long-term impact on my career is undeniable. Even after our sessions ended, I still rely on the tools and insights she's provided.

~ **P. Rickter**

I've worked with several coaches before. What I appreciated most was how comfortable Stephanie Denise made me feel. The collaboration felt natural and effortless, which made all the difference in my ability to take bold steps forward.

~ **M. Smith**

After just three sessions, my client satisfaction scores went through the roof. Stephanie Denise has an ability to zero in on your specific needs and deliver actionable steps.

Although I was initially skeptical, her tailored approach turned my doubts into confidence. She didn't just offer cookie-cutter advice—she dug deep into my approach and helped me overcome obstacles I didn't even know existed.

~ **S. Anderson**

Stephanie's ability to problem-solve creatively is unmatched. Together we were able to turn a potential PR crisis into a brand-boosting opportunity. She delicately redirected our fears and had us focus on the facts and items that were in our control. Her guidance not only had a significant impact on our business but also an impact on my life.

~ **C. Stamford**

What sets Stephanie apart is her deep sports knowledge. She didn't just help me think outside the box; she made the box disappear entirely, leading to solutions that were both innovative and effective. I appreciated how she spoke my language and we crafted strategies that were practical, relevant, and perfectly aligned with my long-term goals.

~ **A. Langfort**





**FOR  
BOOKING  
INQUIRIES  
EMAIL**

Keynote Speaker  
Coach  
Media Contributor  
Facilitator  
Panelist  
Moderator  
Host/ Emcee

***HELLO@STEPHANIEDENISE.COM***