

Stephanie Osborn

Achieve success without the stress

Stephanie Osborn is a Mindset Coach who speaks about stress management, mindfulness, and emotional intelligence to female leaders in order to empower them to make mindful choices that reduce stress.

In her current role, Stephanie helps women leaders break free from chronic stress by teaching them how to make conscious, intentional choices that align with their core values. Previously, as a corporate trainer for employee assistance programs, Stephanie trained thousands of people through hundreds of wellness and stress management trainings.

Stephanie believes that chronic stress is caused by unconscious choices that keep people stuck in a stress pattern or loop. She teaches that once this pattern is revealed, individuals can make mindful, intentional choices to interrupt and eventually eliminate the cycle, thereby eliminating stress.

Stephanie has helped audiences clarify the values they hold most important and align their choices with those values, which has led to profound changes in how they approach stress and decision-making.

Stephanie is a certified wellness coach through the Integrated Wellness Academy, holds a Certificate in Stress Management from the University of Central Florida, and is a certified meditation facilitator through Concordia Spiritual Living. She speaks regularly on topics like Mindful Choices for a Stress-free Life.

Stephanie holds a BS in Finance and an MBA, both from Bentley University.



"I love to speak about mindfulness and how building a mindfulness practice can be life-changing. There are so many ways to practice and the benefits are many! It is a tool for both managing (or eliminating!) stress and increasing emotional intelligence. This one simple practice can mean the difference between burning out and achieving success."



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Example Talks

No is the New Yes

From a young age, many of us are conditioned to say yes automatically, making it a challenging habit to break. This pattern often leads to stress, leaving us feeling resentful at best and burned out at worst. However, when we start saying no to what doesn't serve us and yes to what truly aligns, we create more fulfilling lives—and inspire others to do the same.

The Mindful Advantage

Practicing mindfulness helps us break free from reactive habits, allowing us to respond to life's challenges with calm and clarity. Discover how cultivating a mindful mindset can be the key to creating a balanced, fulfilling, and truly stress-free life.

Finding Calm Amidst Chaos

In a fast-paced, unpredictable work environment, finding calm can feel impossible, yet it's within reach. This presentation will reveal practical mindfulness techniques to help you stay grounded, focused, and resilient, no matter what life throws your way. Learn how to cultivate inner peace amidst external chaos and take back control of your emotional well-being, even in the most challenging moments.

OTHER OPTIONS INCLUDE:

5 Steps to a Digital Detox - how to break free of the mindless scroll and regain your time and sanity

Best Story

I was attending a business class when the woman sitting next to me asked about my business. I told her I was a meditation instructor and mindfulness coach. Before I could finish, she cut in, saying, "Oh! So you get it too!" Confused, I asked, "Get what?"

She explained that she was a yoga instructor and how people assume that because we teach meditation or yoga, we live in a world of constant bliss—like nothing bad ever happens and we're always calm and happy.

She laughed as she shared how others think we never get upset and are just these Zen beings floating through life. I completely related because at the time, I was constantly hearing similar things from friends. They would say things like, "Your life is so easy," or, "You're always so calm; you never get upset." We both laughed because, no matter how much we try to explain that we experience the same struggles as anyone else, people don't always get it.

Location/travel/ payment

rates negotiable

"The bliss is in the pause...that moment you realize that you have a choice."

