Stephanie

BIOGRAPHY

From first glance, it is clear that Stephanie Worrell is much more than a woman of passion and wisdom, rather she is a woman who has experienced and survived the ups and downs of a life many take for granted. Vibrant, intelligent, strong-minded, well- spoken, and independent, Stephanie has a story to tell and a gift to share with the masses. With an array of titles that range from mother to brand strategist, widow, author, and community service volunteer; WARRIOR is the title that sticks out when asked to define a woman of such inspiration and grace.

As a brand strategist her expertise in building brands comes from working for a design agency for twenty-five+ years. Today, as an independent consultant, she offers her in-depth marketing, branding, and design expertise to a variety of clients.

As a cancer survivor, Stephanie's book "The War in My Rack", How Cancer Gave Me Peace has

given her the opportunity to speak and write about how this illness transformed her life and marriage.

While recovering from cancer, she began volunteering for several Butler County community agencies. Her activities include serving on the boards of Wesley Community Services, Butler County United Way Youth Council and Women's Leadership Council. Stephanie notes, "Planting roots in agencies where you live is a humbling experience."

Stephanie's husband of 36 years, A. Christian Worrell III, unexpectedly died as this book went to print. Per Stephanie, "I am thankful that we had the last six years to redefine and rediscover our love." Stephanie has a daughter and son in law who live in Seattle, Washington. Her son is a 2013 graduate of Bellarmine University in Louisville, Kentucky and is currently pursuing higher education.

Stephanie's public speaking has been born out of her experiences and a passion for wanting to help people. She would like to help guide others to pursue and fulfill their own dreams.

Stephanie is also an exercise addict and loves to mountain hike and ski, and for relaxation she enjoys reading.





AUTHOR

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"The War in My Rack" is a must-read for women who have placed their own needs behind those of friends and family members in order to be loved and keep the peace. This book doesn't soft pedal the horrendous realities of a double mastectomy and ten rounds of chemotherapy, yet it is ultimately uplifting, demonstrating how cancer brought the author peace and a high sense of self-worth. Thanks to Ms. Worrell's sharing of her personal journey, all women can learn what she discovered about the true nature of friendship and love. Ms. Worrell's inspirational book about the gift of cancer is an unforgettable gift to the reader. — Linda A. Glass

Whether you're living with breast cancer, dealing with family issues, or have some other cross to bear, I found this to be a quick, impactful, honest, meaningful read. Very well done. — $Kent\ W$.

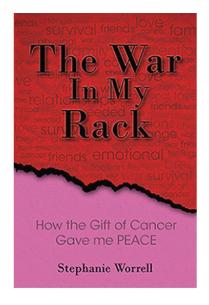
The War in My Rack sent my emotions all over the place. I cried, laughed and simply related to this true life story. I have not read a book like this in a long time;

one which left me with answers to questions I didn't even realize I had. Stephanie Worrell opens up her heart and gives readers a look inside her complex life dealing with cancer, friends and family. If you think you know how to deal with a friend or relative going through a life-threatening disease, think again. Chances are you have no idea and Worrell will guide you through her pain which hopefully will give you some information you can use now, or in the future. — *Alison Miuccio*

Stephanie's book is a profoundly honest, even graphic, account of her breast cancer experience—the good, the bad, and the ugly. Poignant and from the heart, filled with lessons for all of us about being a patient, a caregiver, a relative, and a friend. Most of all, filled with lessons about what really matters.

— Leonora

An inspirational story of strength in dealing with disease and overcoming adversity....the disappointment in family and friends hurt far more than Her cancer...how she dealt with it and moved on is the soul of her story... — *Noel Haeberle*







SPEAKER

Second Act: Overcoming life's adversities...

How to get back up and keep going
In this presentation, Stephanie uses her personal
experiences to inspire audiences to be proactive when
faced with stumbling blocks while highlighting how not
TO let situations define you but how to control them for

Finding Your Inner Warrior:

your own benefit.

How to unleash your full potential (EMPOWERMENT) What makes you happy? Commonly individuals wish for immediate fulfillment. In this segment, Stephanie helps the audience identify true happiness and how to achieve the goals to becoming happy while understanding that time is a key component to reaching this peak.

HEALTHY RELATIONSHIP DEVELOPMENT

How to identify toxic relationships before crisis: Achieving balance in interpersonal relationships.

Knowing every relationship has its ebbs and flows, Stephanie gives steps and tips on how to identify healthy and unhealthy relationships. Stephanie believes being honest with yourself is the first step! In this presentation, Stephanie helps the audience determine how to recognize what they want out of a relationship, further, posing the question: Are these relationships living up to the wants and needs of the individuals involved?

WOMEN IN CORPORATE AMERICA

PSA: We can't have it all! Stephanie describes her experience in corporate America and offers suggestion to those currently working corporate positions and those striving for corporate positions while alluding to the largest concept of sacrificing to achieve your goals.





CONTACT

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