

# Stacey Caster

staceycaster.com

Keynote Speaker · Executive Coach · Bestselling Author · Podcast Host

## About Stacey

For over 25 years, Stacey has worked alongside leaders navigating challenges that don't come with a playbook, building teams across complex organizations, driving strategy through uncertainty, and learning firsthand what it takes to lead when the stakes are high.

## What People Are Saying

*"This was one of the most amazing and insightful keynotes I have heard so far."*

— Conference Attendee

*"Your keynote was inspirational and powerful!"*

— Event Organizer

*"What an absolute game changer! Thank you for bringing the transformation to our lives."*

— Workshop Participant

## Recognition

- "Top 10 Leadership Coaches to Watch" — LA Weekly
- RISE Mentor of the Year — SIM Detroit
- Empowered Woman of the Year — IAOTP
- Top IT Executive of the Year — IAOTP



## Signature Speaking Topics

Resilient Leadership

The Hidden Performance System

Six-Generation Workforce

Leadership Core Principles

Power Up to Propel Your Success

## Book & Podcast

Leadership Navigator

Amazon #1 Bestseller

Leadership Moments Podcast

Stories from trailblazers, change-makers & visionaries

### As Seen On



Speaking Inquiries Welcome

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Customized to your organization

## Resilient Leadership

Our business environment is always changing, and having the tools to recognize, adapt, and thrive is essential for all modern-day leaders. Resilient leadership teaches how to nurture your mental and emotional strengths in preparation for adverse conditions and difficult decisions, so you can master change and lead with steadiness when it matters most.

## The Hidden Performance System: The Biology Behind Sustainable Leadership

The Biology Behind Sustainable Leadership The most overlooked factor in leadership performance isn't strategy or mindset, it's biology. This presentation explores the micro-habits that support focus, clarity, and sustained career performance, from how we fuel our bodies and manage stress to how sleep, movement, and daily routines quietly shape our ability to lead. Grounded in evidence-based health and wellness research, this gives leaders a new lens on what it actually takes to perform at their best without burning out.

## Six-Generation Workforce

"Sorry, Not Sorry." The phrases that define generations tell us much about what is important to each one. Understanding the six-generation workforce is crucial for modern organizations to thrive in today's diverse business environment. This presentation explores effective strategies to foster collaboration, harness unique strengths, and create a cohesive, productive organization where every generation contributes to innovation and results.

## Leadership Core Principles

Leaders are not born but created. Authentic leadership involves being genuine, ethical, and compassionate. Leaders who practice authenticity and transparency can reduce workplace anxiety, enhance employee well-being, and increase engagement and loyalty. This presentation helps audiences define their own leadership core principles, who they are and how they want to show up, as the foundation for everything else.

## Power Up to Propel Your Success

Designed specifically for women, this presentation is a step-by-step framework for powering up your confidence, from the inside out. This talk has resonated with audiences who are ready to stop second-guessing their value and start showing up with the presence and conviction their talent deserves. Practical, personal, and energizing.

*Stacey excels in both large conference environments and smaller executive-style functions.  
She customizes each presentation to meet the specific needs of your organization.*