



Stefanie Sherman

Professional Speaker | Licensed Counselor | Leader | Entrepreneur

SIGNATURE TOPICS:

- ✓ Narcissism and Narcissistic Abuse
- ✓ Burnout
- ✓ Anxiety and Stress
- ✓ Communication and Boundaries
- ✓ Mental Health in the Workplace
- ✓ Building Self-Identity through Bucket Lists

Stefanie is an engaging professional speaker and mental health advocate committed to empowering individuals and fostering mental well-being. With a passion for educating and inspiring others, she has addressed diverse audiences on topics ranging from self-care and burnout prevention to navigating complex issues such as narcissism and controlling behavior.

A highly-rated speaker with 6+ years of experience as a therapist, speaker and business owner, Stefanie is the founder of Venture Wellness, her private practice which works with individuals, and organizations to amplify their authenticity and empower them to become a better version of themselves and heal from toxic relationships.



SOCIAL MEDIA

[@venturewellnessidaho](https://www.instagram.com/venturewellnessidaho)



WEBSITE

[venturewellnessidaho.com](https://www.venturewellnessidaho.com)



1,000+

attendees impacted

SPEAKER PACKAGES

STANDARD: \$500

- Professional Speaker (up to 60 minutes)
- Q&A Session included
- Washington State, USA or Online

PREMIUM: \$1,000 PLUS TRAVEL

- Professional Keynote (up to 90 minutes)
- Q&A Session included
- Travel Costs additional

SILVER: \$2,500 PLUS TRAVEL

- Half-Day Seminar (up to 4 hours)
- Professional Keynote
- Travel Costs additional

GOLD: \$5,000 PLUS TRAVEL

- Full-Day Seminar (up to 8 hours)
- Professional Keynote
- Travel Costs additional

"I've been to Stefanie's burnout seminars in the past, and they are continuously useful."

-Javin M.

"Stefanie is such an amazing and inspirational speaker and presenter. I could feel her passion for this subject and it really pushed me to identify burnout in myself and clients."

-Jennifer H.



Feel free to reach out for speaking engagements, workshops, or collaboration opportunities.

Get in Touch!

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🌐 www.venturewellnessidaho.com

☎ (208) 284-2358

SPEAKER BIOGRAPHY

Stefanie Sherman is a seasoned Licensed Clinical Professional Counselor (LCPC) and National Certified Counselor (NCC) with a commitment to mental health advocacy, professional excellence, and community engagement. Stefanie practices mental health counseling for clients with an emphasis in areas such as Anxiety, Stress, Burnout, Trauma, and Narcissistic Abuse at her private practice Venture Wellness with 5+ years as an creative entrepreneur. Stefanie expanded to the new frontier of telehealth in 2019, leading the way and guiding others to follow during the pandemic. Her blogs have had over 40k readers. Her blend of clinical expertise, leadership, and military background uniquely positions her as a respected figure in the mental health and counseling field.

LEADERSHIP

Currently serving as President of the Idaho Counseling Association (ICA), she has aided in increasing membership, nurturing a strategic overhaul of the non-profit for compliance and grown member programs.

EDUCATION AND EXPERIENCE

With a master's degree in Counseling from Boise State University, a background in psychology and hundreds of hours of CEs and self-study on her research areas of narcissism and burnout, Stefanie brings a wealth of knowledge and expertise to her diverse professional roles. She has spent more than 12+ years in the mental health field in various placements including children's group homes, addiction centers

MILITARY SERVICE

Stefanie spent 7 years in the Army Idaho National Guard with extensive training on Military Intelligence. She was honorably discharged from the Armed Forces of the United States of America in July 2020.

AWARDS AND RECOGNITION

Stefanie has earned several commendations for her exceptional service, including a Certificate of Appreciation for continuous volunteer support to the units of 1st Special Forces Group (Airborne).

VOLUNTEERING

Stefanie has coached couples at First Responder Couple's Conferences, participated in Boise Fire Department Ride Alongs, and served as the Media and Marketing Chair for the ICA Conference Committee.

PREVIOUS SPEAKING ENGAGEMENTS

Known for her engaging speaking style, Stefanie has been invited to various events, addressing her signature topics. Her ability to connect with diverse audiences has made her a sought-after speaker in mental health conferences and community programs. She has experience with podium speaking, workshops, small groups, online webinars and podcast interviews.

Recurring Speaker at Idaho Counseling Association Conferences (2018-2023)

- Narcissism and Narcissistic Abuse
- The Ethics of Burnout for Therapists and Clients
- Ethically Combating Professional Burnout in a Pandemic
- The Ethics of Building Personal Resilience as a Self-Care Measure for Counselors
- Ethically Preventing Burnout through Self Care

Recurring Speaker for First Special Forces Events (2021-2023)

- Battling Burnout
- How to Deal with Stress and Anxiety as SOF Spouses
- Exploring personal identify and core values as a spouse

Panelist at St. Luke's Health System (2023)

- Transformative Self-Care: Personal, Ethical and Systemic Drivers of Success

Guest Speaker at Warm Springs Care Farm (2023)

- Narcissistic and Controlling Behavior

Guest Speaker at Northwest Nazarene University (2022)

- Organization and Administration of Clinical and Family Services, discussing leadership and business locally in Idaho

Expert Interview on Communication Matters Radio Show (2024)

- Narcissism and Common Myths