

Sasha SIMMONS



SPEAKER KIT

SPEAKER & ENTREPRENEUR





SASHA SIMMONS

Speaker, Influencer & CEO of SpeakLife

Sasha Simmons is a highly sought-after Inspirational Speaker, Writer and Podcast Host focused on empowering individuals to fully embrace a limitless life.

Sasha is an expert at overcoming limitations. By age 18, not only had she broke free from a highly conservative religious cult, she also successfully won 17 university scholarships totaling over \$1M, therefore exceeding all familial and societal expectations of what was possible.

Sasha has received international recognition and has worked with a variety of noteworthy companies including Nationwide Insurance, The United States Department of Agriculture (USDA) and Silicon Valley Bank to guide people on how to live a purposeful and empowered life.

Her insights have been featured in innovative and esteemed outlets like Chase Bank for Business, Blavity, and Go Courageously by iHeart Radio. Sasha has been recognized as one of Phoenix 40 Under 40 Urban Leaders and serves as a Brand Ambassador to the University of North Florida.

As an inspirational speaker, Sasha teaches individuals to step out of their comfort zone and live their most epic and expansive lives.

PROGRAM DESCRIPTION

SPEAK LIKE A BOSS!™

Unlocking the Secret of Commanding Stages and Audiences

PROGRAM BIO

Speak Like a Boss is a three-part professional speaking training that teaches leaders how to speak intelligently about their business or project to secure new opportunities. The series will examine the elements of public speaking and help attendees understand how to formulate a speech, control the room to inform and captivate their audience.

The ADDIE model is used in the development, design, and implementation of this three-part training series. Attendees are quickly engaged in the presentation to obtain their immediate buy-in as adult trainings are most effective when the participant understands their value in relation to the presentation.

A PowerPoint is used to teach the strategies in this training. The presentation includes videos, stories, examples, and audience participation and even a mirror to teach "The Mirror trigger"! This unique approach captivates the audience to make for an engaging experience that resonates with attendees.

TAKEAWAYS

Leaving this presentation your audience will:

- Identify what makes a good speaker, great
- Components of the Super Speaker Formula
- List ways to steer the conversation
- The power of voice inflections and how to utilize them to
- How to speak with confidence and authority
- Demonstrate use of the mirror trigger

KEYNOTE DESCRIPTION

SURVIVING THE CURVE



A powerful journey of resilience and reinvention that will empower audiences to transform life's toughest setbacks into stepping stones toward a life they create on their own terms.

PROGRAM BIO

"Surviving the Curve" dives deep into resilience, grit and the unwavering spirit it takes to overcome life's harshest challenges. Through deeply personal stories, I pull back the curtain on experiences that shaped my path: breaking free from a cult, facing a devastating health diagnosis and grappling with unimaginable loss.

Each "curveball" taught me something powerful about survival, strength, and agility. This keynote promises to guide audiences through the lessons embedded in life's unexpected trials—empowering them to create their lives with courage, clarity and conviction.

Why This Keynote?

Every listener has encountered—or will encounter—their own "curve." This keynote equips audiences with the insights and tools they need to survive and thrive, no matter the obstacles. With authenticity, humor, and hope, "Surviving the Curve" is not just a talk; it's a transformative experience that calls people to action in their own lives

TAKEAWAYS

Unyielding Resilience: Discover how to harness inner strength and transform even the toughest obstacles into sources of empowerment.

Mastering the Mindset: Learn the foundational steps to shift your mindset and build an unbreakable self-belief.

The Power of Agility and Acceptance: Understand how to adapt to life's challenges with flexibility, open-mindedness, and a clear vision of what's possible.



IN THE MEDIA

Survival Radio Network Television



AS SEEN IN...



With 13 years of work experience she is widely regarded as an industry leader committed to personal and professional development.

Her insights have been featured in innovative and esteemed outlets like Chase Bank for Business, the USDA, Blavity and Go Courageously with iHeartRadio.

Sasha has been recognized as one of Phoenix 40 Under 40 Urban Leaders, serves as a Brand Ambassador to the University of North Florida and is a recipient of the 2021 UNF Alumni Achievement Award.

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SpeakLife, LLC is known for the inspiration and tactical solutions we offer. Our clients have started businesses, developed new skills, improved relationships, and themselves using the formulas provided through SpeakLife.

Voyage Phoenix

731 **seventhirtyone** FROM BROKEN TO WHOLE

SevenThirtyOne is an inspirational podcast committed to normalizing emotional healing by providing our listeners with resources and support to guide the healing process.

We believe by focusing on healing your emotional being you can improve the trajectory of your life. With an understanding that healing is hard and requires work, we aim to provide our 731 troopers with resources that guide the healing process.

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INSTAGRAM

3K +

FOLLOWERS



FACEBOOK

5K +

FOLLOWERS



LINKEDIN

5K +

FOLLOWERS

SOCIAL MEDIA FOLLOWING

Sasha Simmons has a strong social media presence on Instagram, Facebook and Twitter. She posts frequently and has a highly engaged following that includes leaders who are looking to grow personally and professionally.

“



Sasha brings her authentic self to all of us. She moved people, inspired them and gave them hope...this is all SO important.

Donna Orender
Founder & CEO
Generation W

“



Sasha is passionate about life and it shows in her positive energy! She is a go-getter and determined young woman. Her life story will leave you in awe of her accomplishments..

LaRonda Howard
Director
Florida Healthy Start Coalition

“



Sasha is totally **energizing and inspires** you to follow your dreams. She helps you to think beyond what seems possible.

Pam C.
President
University of North Florida

“



Sasha is a phenomenal speaker! I couldn't help but feel a surge of emotion and motivation as she shared her personal story and everything she's overcome.

Kristen Walker
Co-Founder & Life Coach
Clarity on Fire

“

Sasha is the kind of motivational speaker who brings down the house. She has you crying one minute, laughing the next.

Sharon A.
Vice President for Public Relations
University of North Florida





Book Me to Speak

To Book Sasha Simmons for your
next event please contact:

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CONNECT WITH ME ON SOCIAL

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Sasha Simmons
ESTABLISH YOUR OWN GREATNESS