



STEPHANIE BROWN  
*ChronicIllnessSpecialist · Speaker · Coach*

# BOOK STEPHANIE TO SPEAK

*A chronic illness specialist who has lived every word of it*

NHS · Corporate · Wellbeing · Women's Events · Community

## THE SPEAKING PROPOSITION

***Stephanie Brown speaks at the intersection of chronic illness, identity, economic inactivity, and what it actually costs to keep showing up when the world cannot see what you are managing. Her talks are not motivational. They are honest. They change how rooms think.***

Every speaking engagement is built from twenty years of lived experience with systemic lupus erythematosus, with heart and kidney involvement, alongside an MSc in Human Resource Management, a background in Learning and Development, Level 7 coaching, trauma-informed practice, Equal Co-Founder, TRIUMPH RECLAIM and co-creation of the TRIUMPH® Framework.

The combination of professional expertise and personal authority is rare. It is what makes these talks land differently from the standard wellbeing keynote. The room does not just hear the information. It feels it.

## SPEAKING AUDIENCES

### **NHS Trusts and Integrated Care Boards**

The health-related economic inactivity agenda is the most significant public health challenge in the UK right now. Stephanie speaks with specific authority in these rooms — as a chronic illness specialist, a co-creator of a commissioner-specification programme, and a woman who has navigated the NHS system for twenty years.

### **HR, L&D; Teams and Occupational Health**

Stephanie brings both professional L&D; expertise and lived experience to this conversation — understanding what genuinely changes behaviour and what merely manages it. She speaks to the real cost of sickness absence and what provision that actually works looks like.

### **Corporate Wellbeing Programmes**

For organisations whose employees are managing chronic illness alongside their professional responsibilities. Speaks to the invisible cost of presenteeism, the gap between reasonable adjustments on paper and in practice, and what genuinely supportive workplaces actually look like.

### **Women's Events and Empowerment Platforms**

Personal, direct, and grounded in the specific experience of building something extraordinary inside a body that does not always cooperate. These talks change something in the room that a motivational keynote cannot touch.

### **Community and Third Sector Organisations**

For organisations working with women navigating chronic illness, poverty, or multiple disadvantage. Stephanie speaks with the authority of someone who has built community provision from the ground up — as well as from inside the experience itself.

## SPEAKING TOPICS

### The Ruler Was Wrong

The signature talk. Twenty years of measuring yourself against who you were before the diagnosis — and the moment everything changes when you understand that the benchmark was never right. This is the talk that changes the conversation. For women's events, empowerment platforms, and healthcare settings.

### The Invisible Cost

What chronic illness actually costs — not clinically, but humanly. The identity fracture, the silence, the performance of wellness, the double tax of managing other people's experience of your illness on top of managing the illness itself. For HR, L&D, occupational health, and corporate wellbeing audiences.

### From Managing to Living

The difference between managing a chronic condition and building a life alongside it. What provision that accounts for the whole person looks like — and why the current system consistently falls short of it. For NHS, commissioning, and public health audiences.

### The VISIBLE™ Framework

A presentation of the framework — its seven stages, its evidence base, and what it produces for the women who work through it. For healthcare professionals, commissioners, social prescribers, and community organisations who want to understand the methodology.

## WHAT EVERY ENGAGEMENT INCLUDES

### INCLUDED WITH EVERY BOOKING

- ◆ A talk built specifically for your audience and context — never a generic keynote adapted for the room
- ◆ Pre-event briefing with Stephanie to understand what your audience needs to walk away with
- ◆ Post-event follow-up resource for attendees
- ◆ Full speaker bio, headshots, and promotional copy for your event materials
- ◆ Post-event debrief with the organiser on request

## CREDENTIALS

MSc Human Resource Management · QLS Level 7 Executive Coaching · CIPD · PTTLs · L&D; Project Coordinator · IPHM Holistic Mental Wellness · NLP Practitioner · Trauma-Informed Practice · Diploma in Safeguarding Adults and Children · MHFA Level 3 · Co-Creator TRIUMPH® Framework · Founder Visibly Her CIC · 20 years lived experience with systemic lupus erythematosus

## WHAT COMES NEXT

Stephanie is also equal co-creator of the TRIUMPH® Framework alongside Victoria Taylor, and co-founder of Mindset + Mastery, the coaching partnership TRIUMPH lives in. Two completely different journeys. One shared destination.  
[mindsetplusmastery.com](http://mindsetplusmastery.com)

## HOW TO ENQUIRE

To discuss a speaking engagement, please get in touch with your organisation and the nature of the event, your audience and approximate size, the date you are considering, and what you want your audience to walk away understanding or feeling. Stephanie responds to all speaking enquiries within three working days.

[info@stephaniebrowninspires.com](mailto:info@stephaniebrowninspires.com) · [stephaniebrowninspires.com](http://stephaniebrowninspires.com)

***The life you are building now still counts. Even if it looks nothing like the one you planned.***

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