

STEPH JOHN

YOUTH RESILIENCE SPEAKER

- Mental Wellness Educator
- Author of "Bro, You Got This: Proven Tools To Reduce Anxiety and Boost Confidence"

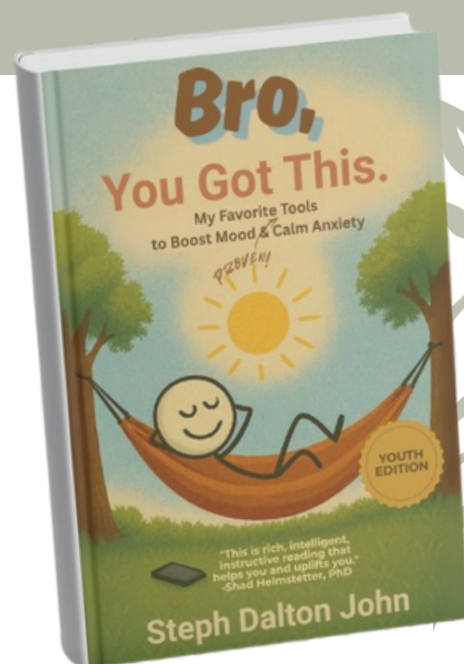
Steph John is an engaging speaker whose optimism leaves audiences feeling uplifted and equipped. Through her signature B.O.S.S Method, a transformative four-step process, audiences discover how their thoughts shape their brains, emotions, and future success.



NOW BOOKING FOR 2026/27 SEMESTERS!

SIGNATURE TOPICS

- ✓ Youth Resilience
- ✓ The B.O.S.S Method: Calm Anxiety and Boost Mood.
- ✓ Neuroplasticity for Academic Success
- ✓ Music, Movement and Your Brain
- ✓ Prayer / Meditation for Purpose



WHAT PEOPLE SAY:

"This is the practical help that teens need today!" **Dr Brooks Gibbs, PhD**

"Steph is a vibrant and present speaker. She playfully delivered genuine insight on the power of positive neuroplasticity, and gave our youth a real sense of power. Every claim she made was backed up and proven in real time with a game or activity, and our kids left feeling genuinely empowered and hopeful."

ELIZABETH A WILSON, AUTHOR OF "THE SOVEREIGN WAY"

"...Steph's personal warmth and empathy comes through...as she takes you on a journey that includes foundational tools for emotional recovery and regrowth."

DR. SHAD HELMSTETTER, PHD: BEST-SELLING AUTHOR OF "WHAT TO SAY WHEN YOU TALK TO YOUR SELF"

90%

of students said they were better equipped to handle stress after the workshop.

