



# Staci Boyer

A GAME CHANGER -  
A CHANGE MAKER

**D**estiny. Is it by chance or by choice? Should we accept our deal or take the hand and reshuffle?

The destiny of Staci Boyer is in constant motion because she does not sit and accept what happens. She shuffles and deals until she gets what she wants out of life!

Destiny is not by chance; it is by choice, and no one should settle. Every single person deserves to be the person whom they wish, desire and dream. Staci Boyer leads her audiences and clients to recognize strengths, fears, goals and their super powers to propel them forward to live a life of self-acceptance, generosity and fulfillment. Throughout her life, Staci has prevailed through extreme periods of transition, struggle, loneliness, abandonment, physical assault and homelessness.

**Through the depths of despair, her inner voice whispered there was more and she deserved better. She calls it her 'inner game changer' super power. "I am a game changer, AND I am a change maker."**

## SPEAKING TOPICS

From behind the curtain, she walks towards the front of the stage with great fervor, tall confidence, a smile of extreme kindness and an abundance of energy to motivate the audience to action. Action? With Staci Boyer action comes in all forms and sizes. With the main objective to help others become the person they desire, Staci Boyer speaks on self-acceptance, strength, fulfillment, generosity, and success.

Staci offers five insightful and powerful presentations. Her quick adaptability, expert knowledge and vast speaking experience allows her to customize any topic to fit the need of the event, whether a keynote, workshop or breakout session.

## COLLABORATION NOT COMPETITION

### *Strength in Numbers*

In this new keynote address, Staci Boyer explains that all too often, what we try to communicate gets lost in translation despite our best intentions. We say one thing, the other person hears something else, and misunderstandings, frustration, and conflicts ensue. At the end of the day it isn't even about what we say - it is about the experience we create with whom we are trying to collaborate with - AND it's about how we make them feel.

### **Collaboration Not Competition Audiences will walk away with**

- Knowing how to find their personality traits and learning the four specific indicators
- Recognizing the meaning of their traits and seeing the trait patterns and primary processes or "fires" that moves their thinking
- Realizing that every woman has a tribe of other successful women who have her back





And she certainly is! Staci Boyer is an accomplished high-energy, positively inspiring motivational speaker, award-winning author, dedicated personal trainer, transformational wellness coach, and Founder/CEO of the Motiv8n' U brand and company. Her past experiences as a U.S. Navy Medic for 12 years and 25+ years in the health and wellness industry have prepared her well to continuously fulfill her destiny to help others change their destiny. Staci has a bachelor of Arts degree in Social Science from Ashford University in San Diego.

Whether she is speaking to thousands at a conference, small groups or individuals, she is an extreme force genuine energy, positivity, inspiration, and motivation. After the experience with Staci, people cannot help but leave feeling stronger, empowered and motivated to make change with the tools needed to become a game maker.

She tells her clients, "When you are a game changer, you change your destiny. Your destiny becomes whatever you wish, dream and desire." It's not an easy road. Facing the fear that holds people back from achieving their dreams is necessary, but it is not impossible. Staci gently, but firmly, leads her audiences and clients to identify it, grab it, harness it and throw it out. Releasing that fear opens the path to identify the super powers within – the gifts received to share with others. When fear is released, the inner game changer finds strength. When strength is harnessed, fulfillment is rooted. When fulfillment is achieved, generosity and success prevail. Therein lays, the game changer and the game maker in all.

## **SUPER CHARGE YOUR DESTINY**

### ***How to fight fear and not be a victim***

A popular and well-received keynote address, Staci Boyer challenges the audience to identify what holds them back from achieving their dreams and being the person they desire. Oftentimes, it is fear, but the audience doesn't know that. Through stories, both humorous and emotional, Staci leads the audience to recognize the fear, to grab it, harness it and throw it out.

#### **Super Charge Audiences will walk away with**

- Self-awareness, confidence, and clarity to their next steps
- Helpful tools to keep the fear at bay and let their desires overcome the fear that stops them in their tracks
- Staci's Destiny Bookmark listing tips for affirmations, positive talk and negative stop talk on one side and journal lines on the other which offers personalization opportunities

## **SUPER POWERS RULE**

### ***Axe the naysayers and live your life***

Enough is enough. Don't settle just because you've always done it this way. There is a super power in you that wants more. Move away from the negative naysayers in your life and surround yourself with powerful people that will lift you up and celebrate your super power with you.

#### **Super Power Audiences will walk away feeling**

- Motivated to acknowledge the negative in life and commit to breaking free to find powerful living
- Rejuvenated, positive and relieved when they decide to move past the negative and live in the positive
- Members will receive Staci's Super Powers Rule Red Cape Keychain to remember the super power within

## **YOUR POWER DESTINY IS NOT BY CHANCE; IT'S YOUR CHOICE**

### ***Be happy and still raise your bar***

You can have it all, and balance, too. Mom, wife, daughter, friend, granddaughter, niece, cousin, employee, boss, business owner, neighbor, school mom, soccer mom... The list goes on. Can we really have it all? Can we have more? Absolutely! Keep yourself always on your to do list as a priority! You will remain on the right path forging onward and upward – finding balance, and having it all.

#### **Power Destiny attendees will walk away with the ability to**

- Accept responsibility for the present moment, find the good, find the important and find the joyful
- Action steps to set priorities, set the schedule and live with a sprinkling of everything in life which brings great joy
- Staci's Bar Key Chain as a reminder of the importance of being surrounded by that which brings joy, a set routine of priorities and a sprinkling of everything important for a fulfilled life

## **PAY IT FORWARD: THE POWER KEY TO TRUE STRENGTH**

### ***Generosity is a key characteristic in finding true strength***

True strength gets you on the other side of fear. Everything you want in life is there. Staci Boyer lives, loves and shares that you can't find your own strength without caring and being generous to others. Through caring and generosity, strength and success take flight.

#### **Power Key Audiences will be**

- Motivated to identify areas in life where giving to others impacted their own life, and areas where they are now able to give more
- Inspired to examine the strength derived from their own generosity and how it can be further shared
- Staci's "Where Am I" Poem will remind audiences of the synonymous power of generosity and strength





## BOOKS

Staci Boyer is an award-winning published author of "Motiv8n' U" published by Medallion Press and available in audiobook featuring Staci's voice. "Motiv8n' U" introduces and inspires its readers to take action with 8 powerful core tips for personal acceptance, changeable behaviors and a healthy lifestyle. Staci is also the co-author of the book "The Change."

## AWARDS

- Medallion Press - Award-winning published author of "Motiv8n' U"
- The Daily Herald Business Ledger 2012 - Small Business Award for Excellence
- United States Navy - Received awards and recognition for contributions in health education, medical teaching, and fitness throughout 12 years while on board the USNS Comfort Hospital Ship during the Persian Gulf War
- International Sports Sciences - Master of Fitness Sciences Award
- Fitness Pro International - Trainer of the Year, 2007
- New York Strength - Fitness Director of the Year, 2007

## TV & RADIO

- Personal Training & Group Exercise Programs Segment Appearances: CBS, WGN, NBC, Caroline Rhea, FOX networks, Jenny Jones Show, and 105.9 FM radio
- National Bally Commercial
- Fitness Expo at Navy Pier as NBC presenter and performer

## MOTIV8N' U

- Miss Illinois Scholarship Association - Official Fitness Trainer, 2008 – 2012
- Naperville School District 203 - Business Partner
- School District 93 - Head of Motiv8n' U Wellness Initiatives, 2010 - 2011
- Southern Wine and Spirits - Health and Wellness Consultant, 2010 - 2011
- Women's Empowerment for Global International Network – Developed, Produced and Filmed 15 webinar segments
- Spartan Race/Triathlon enthusiast /Fitness competitor (25 competitions, competes on National Level)

## BLUE CROSS BLUE SHIELD OF ILLINOIS

- Created and developed two health education programs for local, brokered and national accounts
- Assisted in redesign of 15 additional health education programs U.S. NAVY
- Received awards and recognition for contributions in health education, medical teaching, and fitness throughout 12 years while on board the USNS Comfort Hospital Ship during the Persian Gulf War
- Developed and instructed curriculum focusing on Emergency Medicine and basic nursing procedures – 3 years
- Designed and implemented a first aid training program including textbook and written exam used by the Atlantic Fleet
- Educated and certified over 3000 personnel in Basic Life Support and qualified more than 500 as BLS Instructors

## PUBLISH

- Chicago Scene – Contributing Author
- Regular Publication Contributions: The Daily Herald, Chicago Tribune, & Red Eye
- Cover story "Grow Strong in Hard Times" – Chicago Streetwise magazine
- Wonderful Woman magazine - Feature article "Motivating Residents all Over Town"
- Examiner.com - Feature article "Not Getting Ready...Staying Ready"

## SPECIAL ENGAGEMENTS

- Keynote Speaker for Every Day Hero's Honoree Event
- Community Events for Chicago Marathon, AIDS Walk America, Walk for Juvenile Diabetes, Lou Gehrig's Disease, Walk for Support of Canine Companions (supports Spinal Bifida and Muscular Dystrophy).

## SUBJECT MATTER EXPERT

- CBS TV – 3 Week Run - 148 Chicago Marathon Tips
- WGN TV – 17 Week Run - Morning Fitness Tips
- Fox and NBC News
- 105.9 WCKG - 10 week run – Personal Trained "Lumpy"
- American Disabilities Association - Panel discussions regarding fitness and diabetes
- Chicago Tribune Red Eye Edition 14 Week Run – Q&A Column
- Daily Herald and Beep.com - fitness articles





If you are looking for a speaker to inspire and motivate, you will not be disappointed with Staci Boyer. Her no-nonsense, take charge of your own life attitude is contagious and refreshing. She is certainly not one to make excuses and exemplifies commitment and tenacity. She is an award winning author, Personal trainer/wellness coach, 12 year Navy Veteran and lives what she speaks which is "Your Destiny is not by Chance; It is by Choice." Let your choice be to hire Staci for your next speaker event. You will be glad you did!

***Nicole Tudisco, Managing Broker/Owner, Wheatland Realty, Naperville, IL***

Many say the best method is the K.I.S (Keep It Simple) method. Staci has done just that with her Lifestyle program. Since I began my journey with Staci, her explanation of fitness and nutrition has been extremely easy to follow. Her guidance has influenced my life to make smarter decisions and choices.

When I first met with Staci, we discussed my long-term goals and she developed a plan to help me turn these goals into reality. Staci taught me that body composition is much more important than a number on a scale.

One year after we embarked on my journey together, I made my debut in my first NPC Men's Physique Show. This milestone would never have been possible without guidance she provided during my transformation. Staci has truly influenced my life by pushing me to be a better person, both inside and out!

***Jay Hill, Competitive Fitness Client***

## GUEST SPEAKING APPEARANCES

- Keynote Speaker for The Chicago Women's Success Summit
- The Caroline Rhea Show
- The Jenny Jones Show
- State Representative David E. Miller and wife Donna Miller at Hats of for South Suburban Women
- Arnold Classic Health Symposium
- Annual guest speaker at Miss Illinois spring forum
- Chicago Auto Show
- Women's Health Expo – Nike fashion show & fitness demonstrations
- Panelist for Women's Empowerment series with Jacqueline Camacho, author of The Fig Factor

## PROFESSIONAL ASSOCIATIONS

- International Sports Sciences Association, Chicago Representative
- NYSTRENGTH, Chicago representative
- USA Master Trainers Association, Founding Member
- National Wellness Association
- Wellness Council of Illinois
- Triple Threat Mentoring
- Naperville Responds for our Veterans
- Miss Illinois Scholarship Association
- School District 203, School District 204, School District 93
- Lifetime member of the VFW

## CERTIFICATIONS

- Wellness Coach / Exercise Instructor / Group Fitness Instructor
- Wellness Coach – New York Strength
- Zumba Instructor
- International Sports Sciences Association as a Fitness Trainer
- Pilates Allegro Certified
- American Council of Exercise - Group Fitness Instructor
- World Instructor Training Schools - Group Fitness Instructor
- Pilates, Kickboxing, Step, Hi-Low, Urban Rebounding, and Power Flex Group Exercise formats
- Stretch Techniques – Bally Total Fitness/Crunch Programming

## FIRST AID/OTHER

- Basic Life Support/AED Certified
- Navy Hospital Corps and Surgical Tech school
- Master Training Specialist - United States Navy
- Weight Management/Nutrition – Bally Total Fitness

