



Sean Wellington

Bald & Bold Speaker



Sean has a way with words. His message is one that resonates with all audiences and his transparency in sharing through his experiences makes him a delight to listen to and a sincere source of inspiration.

- Chris McPherson, **TEDx**

Speaking Topics

Hard & Hidden Stories

Reimagining personal narratives

- Why your stories can change lives
- 3 secrets to compelling (hard) stories
- 5 core craft components simplified
- How to apply these skills in your everyday

How NOT to Kill a Convo

When it matters most

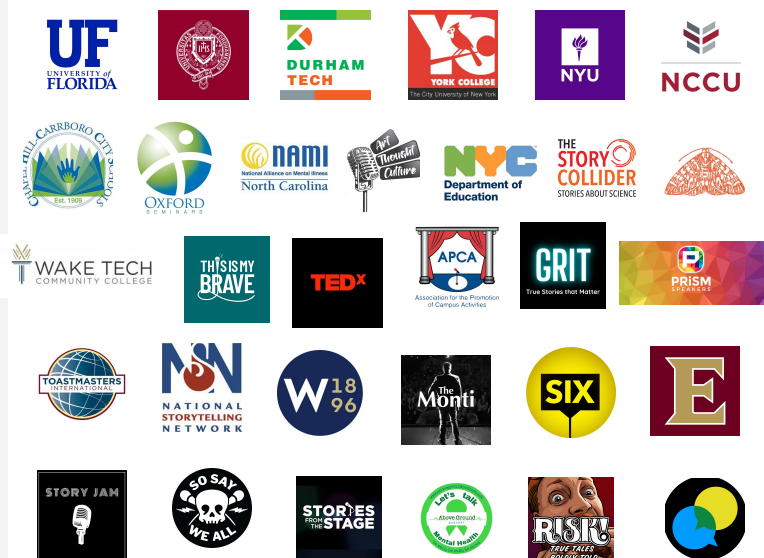
- The power (and paradox) of silence
- The 7 conversation killers to avoid
- What we can learn from improv
- 3 essential questions to (almost) always ask

Sean brings a 'tell it like it is' style that includes humor and storytelling, extensive audience engagement and tangible takeaways for all of his presentations.

He received a Masters Degree in Education and is a trainer, crisis counselor and story coach. For 20+ years, he has been speaking and presenting in classrooms and on stages, including his talk at **TEDx**, Grand Slam winning story at NSN and recent presentation at This is My Brave.

In 2019, Sean founded **GRIT: True Stories that Matter**, and in 2020, the **Suicide Noted Podcast**, where he speaks candidly with suicide attempt survivors.

FUN FACT: Sean has lived and worked on five different continents! 🌍



speakersean.com

hello@speakersean.com

+1(919) 904-0265

