

Stephanie Staples

Implementation Specialist



Professional speaker, nurse and certified coach, Stephanie Staples is a woman on a mission - to reinspire, reenergize and reengage individuals to live their lives with full gusto! She does that by connecting with audiences internationally and inspiring them to create “something more.” Stephanie is frequently featured on radio, television and in print focusing on her unique vision that redefines the typical approach to wellness.

In nursing for 25 years she has served in both acute and chronic facilities and has worked in community health and in leadership roles. Stephanie has founded three businesses and is a multiple nominee for Winnipeg’s Woman Entrepreneur of the Year Award. She is the founder and owner of Your Life, Unlimited! She has blended her love of helping others with helping the nurses themselves and has developed the wildly successful ‘Life Support for Nurse’s Wellness Retreat,’ a unique, life-shifting professional development day that is changing healthcare, one nurse at a time.

Stephanie draws upon her background in nursing and her passion for personal growth to create an experience being embraced by people from all walks of life. Whether writing columns or conducting keynotes and presentations, she infuses humor and heart with practical, relevant and do-able content to activate everyone to leave with tools they can use immediately to improve the course of their lives, personally and professionally.