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Presence isn't soft. It's the sharpest skill you've got.

For more than 20 years I've walked onto stages in front of hundreds of strangers. People still ask me if I get nervous. My answer? I get excited. The difference isn't talent or confidence. It's knowing what to do with the energy.



SIGNATURE TALKS

I'm OK, and Other Lies I Tell

The Courage to Show Up: Redefining Success, Happiness, and Hope

Everyone experiences something that makes them feel not OK. Unsettling medical diagnosis. Needs of an aging parent. Raising children. Financial troubles. Leftovers for dinner. Job stressors. Relationship discord. Physical pain. Grief. Depression. Decaf. Lack of sleep. The list is endless. Honest, funny, and deeply human, this talk gives audiences permission to drop the performance of "I'm fine."

AUDIENCES LEAVE WITH

- How what people carry shows up at work, and why it's easy to miss
- A definition of success that doesn't depend on the next milestone
- Vulnerability as a leadership tool, not a liability
- A starting point for leading with empathy

Ideal for mental health awareness events, leadership conferences, wellbeing programs, and ERGs.

FORMATS

Keynotes

30 to 60 minutes

Interactive workshops

Half day or full day

Team programs

Built around a communication culture of trust

WHO I SPEAK TO

Rooms full of people who are experts at seeming OK. Students about to walk into their first interview. Leaders who have to deliver hard news. Talented people on teams who have never said out loud what they are actually thinking.

Feel the Fear and Give It a Job

Caring for a resilient workforce

Many conversations about workforce resilience are really about endurance: longer hours, more change, and Jenga with tighter budgets. A workforce trained to suppress fear doesn't get more resilient, they become exhausted, and exhaustion is expensive. This session gives leaders and teams skills to put that fear to work instead of letting it blindly call the shots.

AUDIENCES LEAVE WITH

- How to identify whether your team is resilient or just not speaking up about their concerns
- Clues to the moment fear shuts someone down, including yourself
- Practice how intention behind words alters what gets heard

Includes The Intention Swap, a live partner exercise.

MORE TOPICS

- Anything vs. Everything
- The only person to not disappoint is yourself
- Everything is a choice (except death)
- Interested vs. Interesting
- Improv: You are already doing it
- We all have it in common: Regret