



Sharon D. Brown

Help entrepreneurs & leaders reclaim their energy, elevate their mindset, and create sustainable success—rooted in authenticity, rest, and wealth-building.

Sharon did a phenomenal job on our mental health awareness panel!

[Self-Care Speaker](#)



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Speaking Topics

The Power of Rituals

Creating Daily Habits for Lasting Success
Sharon shares insights on the importance of daily self-care rituals and how they foster emotional balance, mental clarity, and resilience in the face of life and business challenges.

Challenges Over Comfort

Push Past the Limits. Discover Your Power
Are you ready to break through the barriers of comfort and convenience? This is a powerful, experiential workshop designed to help you confront what holds you back ...

Caring for Caregivers with Compassion

Sharon shares practical strategies to help caregivers recognize and recover from compassion fatigue. Attendees in this heartfelt and interactive workshop explore the emotional cost of caregiving, learn how stillness, breath, and radical rest can....

Bio

Full of bold insight and grounded wisdom, Sharon D. Brown brings passion, purpose, and power to every stage. As the founder of *Self-Care You Academy*, she empowers women to rise through pressure, recover from grief, and protect their peace—without guilt or burnout. With her signature blend of real talk, restorative healing, and financial empowerment, Sharon helps high-achievers lead with authenticity, wealth, and well-being. When she speaks, transformation begins.

I speak from experience bringing a real, relatable, and restorative voice empowering your audience to shift from survival to sustainable success.



Offerings and rates

1 hour workshop

The Power of Pause

Ask for Pricing

Keynote address

Challenges Over Comfort

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Half day seminar

*Caring for Caregivers with
Compassion*

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Full day seminar

Healing Hearts and Wallets

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