



## Joni Staaf-Stamford, LPC, ERYT

Transformational Speaker | Mental Clarity Counselor | Best-Selling Author

Joni Staaf-Stamford is a transformational speaker, counselor, and author who helps audiences reclaim focus, resilience, and authentic human connection in an age of distraction. With over 20 years of experience in mindfulness, emotional intelligence, and positive psychology, she delivers thought-provoking, story-driven talks that inspire clarity and connection. Her first book, *The Space to Choose: A Path to Life Mastery*, became an Amazon self-help bestseller, and her forthcoming book, *The AI Antidote: Preserving Human Connection & Emotional Intelligence in a Tech-Driven World*, will be released this winter.

### Signature Talks

#### **The AI Antidote — How to Stay Human in a Machine-Driven World**

How the overuse of AI and technology can diminish empathy, creativity, and self-awareness—and how to rebuild them.

#### **We Are Outsourcing Our Souls — Emotional Intelligence in the Age of Automation**

The global decline in emotional intelligence and practical strategies for reversing it.

**When Machines Pretend to Care — The Dangers of Anthropomorphizing AI** How we project humanness onto machines and the psychological risks that follow.

### Audience Takeaways

- Strengthen self-awareness and emotional regulation.
- Reclaim creativity and intuition in work and life.
- Build resilience and balance in a tech-driven world.
- Learn actionable practices to preserve human connection.

### Booking & Media:

joni@insightwithjoni.com

www.insightwithjoni.com

Pittsburgh, PA | Available for in-person and virtual events worldwide