

# EARLYN SHARPE, M.A.

Speaker | Holistic Therapist | Educator | Author  
Mental Wellness • Identity • Resilience • Leadership

## **WHY I SPEAK**

Most people are not broken.

They are exhausted from trying to fix themselves.

In high-pressure environments, burnout isn't caused by a lack of skill or motivation—it's the result of prolonged emotional strain, identity erosion, and nervous system overload.

My work focuses on the Psychology of Becoming—a trauma-informed approach that helps individuals and organizations move from self-correction to self-direction.

I speak to restore clarity, regulation, and grounded leadership—so people can perform, lead, and live without abandoning themselves in the process.

## **SIGNATURE KEYNOTE**

The Psychology of Becoming™

Why Fixing Yourself Isn't the Answer

Audience:

Executives, leaders, professionals, educators, and high-performing teams

## **This keynote explores:**

Why burnout is an identity issue—not a performance problem  
How self-fixing culture undermines confidence and clarity  
Emotional regulation vs. emotional suppression  
A trauma-informed framework for sustainable resilience  
Leading with direction rather than self-criticism

## **Outcomes:**

Greater emotional regulation under pressure  
Clearer decision-making and self-leadership  
Reduced burnout and cognitive overload  
Stronger alignment between values and performance  
Format: 45–60 minutes + Q&A

## **APPLIED KEYNOTE / WORKSHOP**

From Burnout to Becoming™  
Resilient Leadership in High-Pressure Environments  
Ideal for: Leadership teams, healthcare, education, HR, service professionals

## **This session addresses:**

Burnout as nervous system overload and identity fatigue  
Why coping tools fail without integration  
Practical strategies for emotional regulation, boundaries, and focus  
Leading with presence, clarity, and emotional authority.

## **Format Options:**

- 60-minute keynote
- 90-minute interactive workshop

## **ABOUT EARLYN**

Earlyn Sharpe is a holistic therapist, educator, and author specializing in mental wellness, identity, and resilience.

Her work integrates psychology, leadership experience, and therapeutic insight to help individuals and organizations navigate stress, burnout, and change with clarity and grounded confidence.

Known for her calm authority and compassionate honesty, Earlyn translates complex psychological concepts into practical, life-changing insight that leaders can apply immediately.

## **SPEAKING FEES**

Keynote: \$3,500 – \$5,000

Workshops: \$4,000 – \$6,000

Travel billed separately if required

## **BOOKING & CONTACT**

 Speaking & Media Inquiries:

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 LinkedIn:

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 Private Learning Community:

Available by invitation following talks