



Nancy Stampahar
Speaker · Workshop Facilitator · Author

Engaging Topics



**Be Strong, Be Bold, Be Delicious! –
 Becoming the Best Version of YOU**

**Reach Your Potential with Assertive
 Communication**

**How to Ward off Difficult People
 without Garlic**

**Balance Your Life & Work with
 YOUR POWER!**

**When Life Gives You Lemons –
 Embrace Adversity & Change**

**Throw Away the Text Books and
 Get Smart with EQ**

Workshops Can Utilize DiSC® or EQMap®
 Assessment Instruments

*"Nancy has a wealth of personal
 experience, a deep knowledge of
 people and keen business
 acumen. Add to this her strong
 and earnest desire to help others
 and impact their lives in a
 positive way, it is easy to
 understand why her audience
 members leave her
 presentations feeling empowered
 and engaged."
 Alpern Rosenthal*

*"On behalf of Tri-State Area
 School Study Council I want to
 thank you for presenting at our
 Annual Jean Winsand
 International Institute. Your
 presentation brought vitality,
 humor, and practical wisdom to a
 room full of women whose work
 impacts the lives of the children of
 Pennsylvania."*

*Evaluation Comments to
 Question: After taking this
 workshop I am going to change:
 "My attitude towards coworkers.
 My tendencies for jumping to
 conclusions. Become more aware
 of my own body language."
 Robert Morris University*

Past Clients

All About Women Health
 Ardex Americas
 Association Of
 Fundraising Professionals
 Bethlehem Haven
 Bombardier
 Domestic Violence Center
 of Chester County
 Duquesne University
 Gateway Rehab
 Grane Healthcare
 L'arche Erie
 Levin Furniture
 NIH
 PCCD
 Penn State University
 Robert Morris University
 SAE International
 Sawyer School of
 Business
 University of Pittsburgh
 U.S. Steel
 Westinghouse
 YWCA



Bio

Nancy Stampahar, also known as, **The LemonAID Lady**, is an inspirational catalyst for change. With a high school dropout past to earning her BSBA college degree in Human Resource Management from Robert Morris University, Nancy knows what it takes to overcome adversity and achieve positive results. Nancy also became an award-winning author of the inspirational, self-help toolbox *Peace, Love and Lemonade: A Recipe to Make Your Life Sweeter*. Her passion for serving and making a difference has helped thousands of individuals enhance their performances and well-being.

With over 20 years professional experience working in diverse industries such as Education, Healthcare, Manufacturing, Travel and Tourism, and the Nonprofit Sector, Nancy uses her expertise in Human Behavior, Organizational Development, Operations, Training, and Life to help clients achieve their desired goals.

Need LemonAID?




Engage The LemonAID LADY for your next event!:

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Let's Connect

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