



Cyndie Spiegel is an in-demand keynote speaker and a true force of nature who rallies audiences to lead more boldly and refine their mindsets for good. She is a born storyteller-turned-writer and her vulnerable self-inquiry, honest storytelling, and penchant for (not so subtle) language have made her a sought-after speaker and facilitator.

Cyndie is an aspirational voice and an igniter of powerful conversation about self-exploration, hope and authenticity. She is also the best-selling author of two books: *Microjoys: Finding Hope (Especially) When Life Is Not Okay* [2023] and *A Year of Positive Thinking: Daily Inspiration, Wisdom & Courage* [2018] which sold nearly 300,000 copies in the United States alone and has been translated into multiple languages.

In addition, she is the founder of Dear Grown Ass Women, an inclusive and highly relatable social platform for women 35+. She currently lives in New Jersey with her (very handsome) photographer husband, two cats, way too many patterns, and an excessive number of houseplants.



And more formally, she is a former adjunct professor at Parsons School of Design and Fashion Institute of Technology, and holds a Masters of Professional Studies. She is also NYCAPP certified in Applied Positive Psychology and is a trained yoga and meditation teacher, many times over.

Her work has been featured in many publications including *Entrepreneur*, *TIME*, *The TODAY Show*, *Forbes*, *SELF*, *The Huffington Post* and *Glamour*.

## Notable Clients & Conferences



## Let's Connect

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