

# DR. STEM MAHLATINI EDD, LICSW

Licensed Psychotherapist,  
Author, TV & Radio Show Host

Motivational Speaker, Corporate  
Wellness & Mindfulness Trainer, Success Coach

## MEET DR. STEM

Dr. Sithembile (Stem) Mahlatini is a vivacious native of Zimbabwe. She has called the U.S. home for the past 30 years. As a licensed psychotherapist, she runs a private practice in Orlando, Florida.

Dr. Stem is a passionate motivational speaker, personal and professional development consultant and author. She is the popular host of The Dr. Stem TV & Radio Show which aims to motivate, inspire, empower, educate, and enrich the lives of her audience. In her presentations, Dr. Stem weaves stories of how she discovered her passions and how her journey to this unstoppable confidence has not been an easy one, but possible for all.



*I am dedicated to providing cutting-edge training programs to help individuals and business leaders break through barriers to boost their self-confidence and maximize their success in all areas of their lives. My goal is to help students, parents, women, employees and leaders, work through various life challenges that adversely affect life, job performance, health, and personal well-being to best optimize personal lives and organizational success. I have provided counselling, training and consulted with influential business leaders, groups, teenagers, families, congregations nationally and internationally for the past 20 years.*

*I hold a B.A. degree in Liberal Arts, a Master of Social Work (MSW) degree, and Ed. D degree in Organizational Leadership. I draw from my own personal and professional experiences as the framework for my message: **Let Your Own***

***Light Shine. Become Unstoppable!** I embrace an authentic heart-centered approach to deliver this message as a motivational speaker, in seminars, workshops and training programs. My presentations focus on the topics of Parenting Teens, Teen Empowerment, Leadership, Career -Life Direction, Character, Integrity, and Revitalizing People Skills (Soft Skills or Life Success Skills) required to manage and supervise others, or to be supervised. - Dr. Stem*



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# DR. STEM MAHLATINI

EDD, LICSW

## Invite Dr. Stem to Speak

### Empowerment training that inspires transformational results

With an exuberant dedication to empowering and motivating others, Dr. Stem is available as a Keynote Speaker for your next conferences, staff training, staff meeting, graduation, alumni assembly, or women, men and youth retreats. She serves small & large organizations alike, professional associations, civic & public organizations, school systems & youth groups on a local, national and international basis.

Dr. Stem's desire is to impact and inspire others to live stress free lives, by helping them understand and believe in their uniqueness while helping answer three key questions: Who am I? What do I love doing? What would I make of my precious life if fear and failure were not an option?

Her presentations are lively, funny, and highly engaging, motivational while using simple yet powerful techniques to deliver informative and memorable messages. Her specialized training makes her the ideal coach and trainer to uplift and inspire adults, groups, families, and organizations alike. Audiences listen in transfixed silence as she speaks with clarity and confidence, having worked passionately in private practice as a mental health professional, Trainer, Crisis Stabilization Professional for more than 20 years.

Informed Individuals make informed choices which help them create sustainable lifestyles. Dr. Stem's ultimate goal is to encourage, inspire and empower all those she serves to create and live their best lives.

### Testimonials

*"For you truly are a motivational speaker, you made my day. Thanks a million"*

– **Thokozani Khumalo, GA**

### Teen – Youth Seminars



### Parent & Women Empowerment Workshops



### Teacher-Educator Workshops



All topics are presented in Workshop, Seminars or Keynotes Format. Offered as a 1-hour speech; 4-hour workshop; 2.5hr session; 2 x 1.5 hr sessions.

*"Dr. Stem was able to connect very easily with our participants, answering questions and giving tips for self-care. Very engaging"* – **Dr. John Loblack,**  
**John Loblack International**



# DR. STEM MAHLATINI EDD, LICSW



## DR. STEM TV AND RADIO SHOWS

Dr. Stem is the Executive Producer and Host of the Dr. Stem TV and Radio Shows, which are Teen-Parent Motivation, Inspiration, Empowerment and Encouragement shows on Local Access TV, & You Tube.

The Dr. Stem Show motivates, inspires encourages all to shift and create your best life.

Dr. Stem TV is available to watch online on Salem Access TV's monthly VOD Spotlight & on DrStem Show You Tube Channel.

DrStem Show Radio On You Tube, Spotify - iTunes; IHeart radio, Spotify.



*Let the Silent Voices be Heard*  
Talk Radio Hosts, Brilliant Bloggers, Podcast Superstars

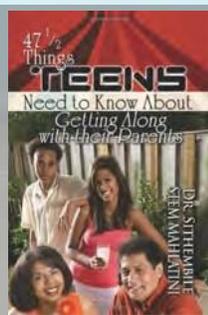
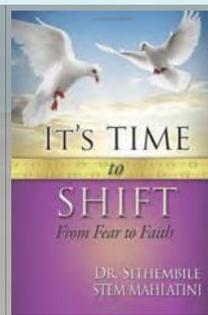
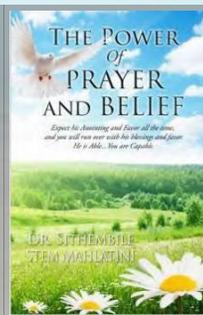
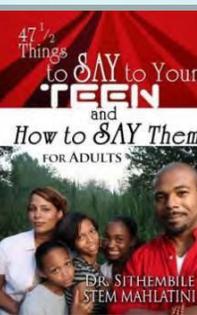
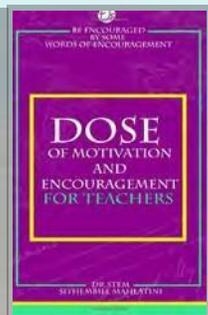
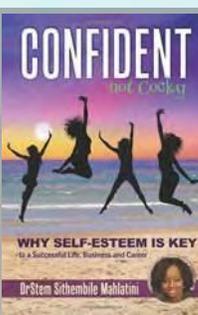
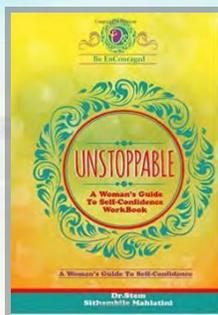
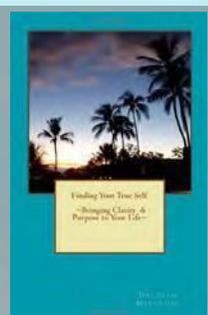
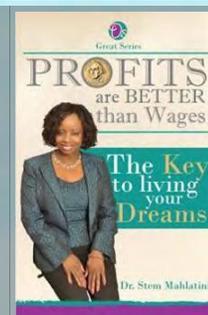
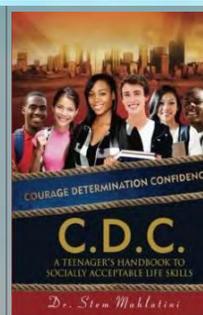
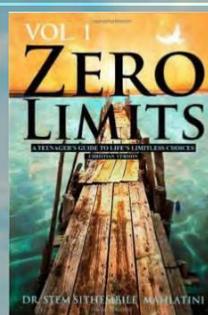
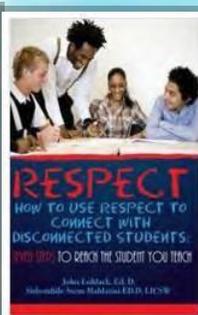
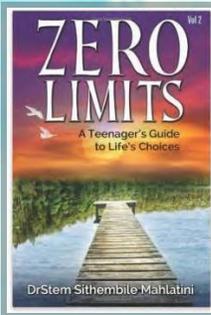
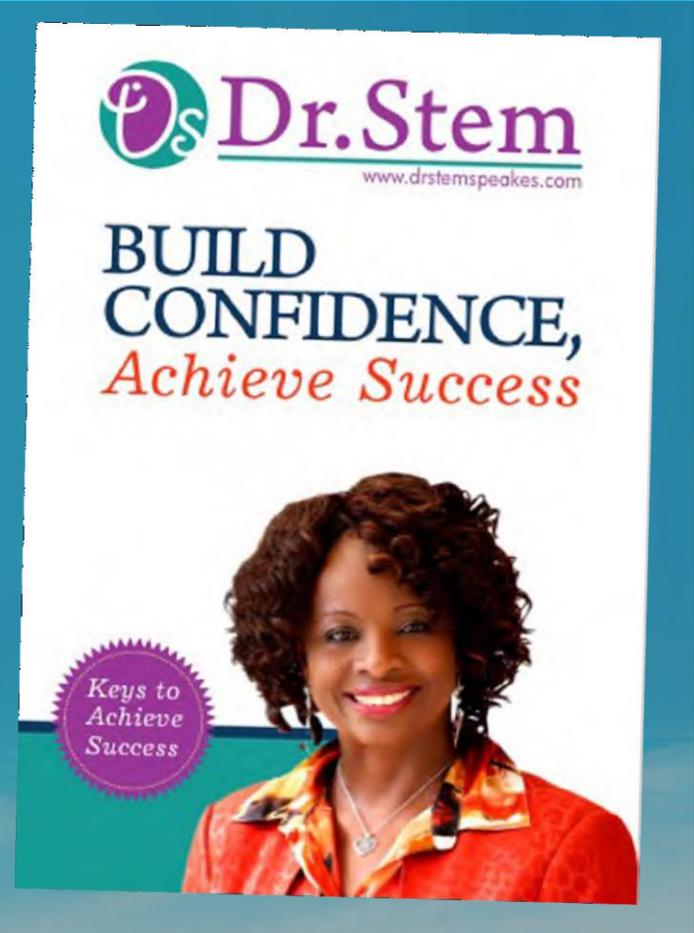


# DR. STEM MAHLATINI EDD, LICSW

## DR. STEM – AUTHOR Over 35 Books

Dr. Stem has authored books, including her Memoir *Beyond the Tears - A story of hope & encouragement*; co-authored eight books with the PWN (Professional Woman Network) and co-authored one book with Zimbabwe Motivation Life Career Coaches.

Purchase Dr. Stem's books here:



## Dr. Stem's personal & organizational Success programs

### Breakdown Barriers & Become Your Best

#### Dr. Stem's mission

#### Individuals

To help bridge the Gap between Parents and Teenagers

*Community Forums, Workshops Or Seminars*



1. **Home Away from Home – Our Dreams Redefined** (Community forum/ workshop for Foreign Families and Students in the diaspora)
2. **Discussion on Emotional Health and Suicide Prevention** – helping parents and teens recognize signs, symptoms and seriousness of suicide, learn triggers, prevention and coping tips
3. **Raising Teenagers** – (Practical tips, tools and strategies to help Parents strengthen their relationship with their teenager so that they can better support them through everyday issues and tough times).
4. **Big Dreams – Bold Choices** Success Strategies for Students, Employees and Families- How to make strategic, healthy choices with emphasis on the Four C' s of Success- Clarity, Commitment, Confidence and Competence.
- 5.

\*\*\*\*Dr Stem is available to speak on your specific topics that affect your community

#### Businesses

To help employees be stress-free, be healthier, happier and more productive.

- **Bounce Back – Building the Strength to Rebound, Reset and Rise above The Impossible**
- Personal Life & Career Success Development
- Burnout: A Focus on Self-Care and Stress Management
- Conquering Your Fear of Public Speaking, Meeting Management and Supervising
- Critical People Skills – Managing and Supervising Cross Cultures
- Bringing Back Morale – Engaging, Encouraging and Empowering Your Employees
- Leadership Skills for the New Supervisor, Manage Becoming a Person of Influence
- Resolving Conflicts with Confidence
- Tough Topics: Talking to Employees about Hygiene, Dress and Professionalism
- Personal Life & Career Success Development
- Being Your Best: The 15 Invaluable Laws of Growth, Personal Development and Stress

## Testimonials

*“Dr.Stem’s seminar presentation on Feel the Fear and Do It Anyway, was very easy to understand and a great benefit or any company in search of a competitive edge in the market”*

– Lee Furusa, President WOVEN (women of vision empowering nations), mA

*“Dr. Mahlatini’s break-out session on overcoming obstacles in life and work received the highest rating from our conference attendees”*

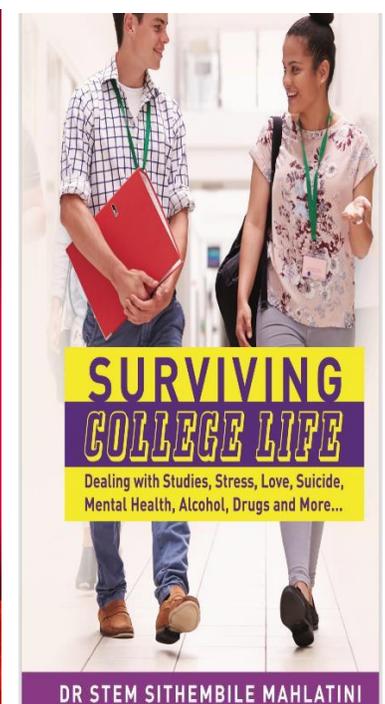
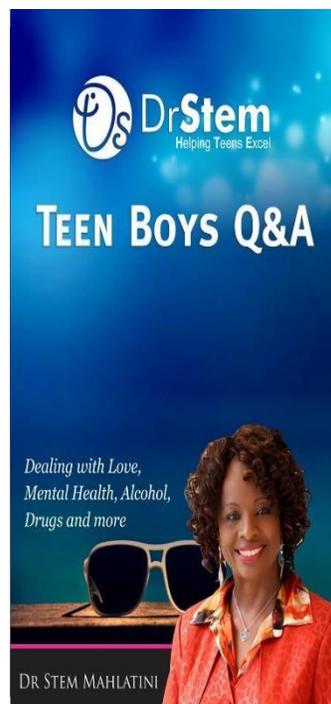
– marvelous Women of Dominion International,  
Indiana

*“Thank you for an insightful training and helping our employees with transitioning during our downsizing”*

– Renee RR Donnelley, Westford, mA.

*“Dr. Mahlatini was very enlightening and engaging in her training “Common Sense Leadership” Saru Walsh, The 27th Annual national Independent Living Conference –*

***NEW BOOKS For Parents & Teens 2018 On Dealing with Love, Mental Health, Alcohol, Drugs and More. Available From Author, Dr Stem, Amazon, Barnes & Nobles and book stores near you.\*\*\*\*\****



DR. STEM SITHEMBILE MAHLATINI - UNSTOPPABLE: LIVING A FREE AND FEARLESS LIFE

# Unstoppable



*Living A Free  
And Fearless  
Life*

DR. STEM SITHEMBILE MAHLATINI



DrStem  
Be Encouraged

# DR. STEM MAHLATINI EDD, LICSW



"Someone who **knows** the way,  
goes the way and **shows** the way."

-John Maxwell



## Contact Dr. Stem

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