

## Media Resources

To book Sylvia Hepler email [Sylvia@launchinglives.biz](mailto:Sylvia@launchinglives.biz) or call Lynne Klippel at 636-922-2634

## Why Interview Sylvia Hepler?

Dynamic, practical, fresh insights on leadership and professional development – audiences are inspired and energized by Sylvia’s story and wisdom. She provides information especially pertinent to leaders, managers, and those who aspire to executive positions.

### Possible story angles:

- Using personal challenges as career development opportunities
- Why you don’t need to wait for a perfect life to advance your career
- Enhancing your confidence at work and in life
- How your leadership voice can enhance your professional influence
- Maintaining your career focus even during times of high stress at home
- Becoming a leader by volunteering and community service

### Short Bio/Introduction:

Author Sylvia Hepler, owner and president of Launching Lives, LLC, is a career development specialist for managers and executives. Her professional background includes extensive nonprofit management and leadership, public speaking, and a long history of helping others grow successful careers. An avid community leader and volunteer, Sylvia has been honored for leadership service in several organizations. The author of a monthly business column published locally and syndicated across the country, Sylvia resides in Mechanicsburg, PA.

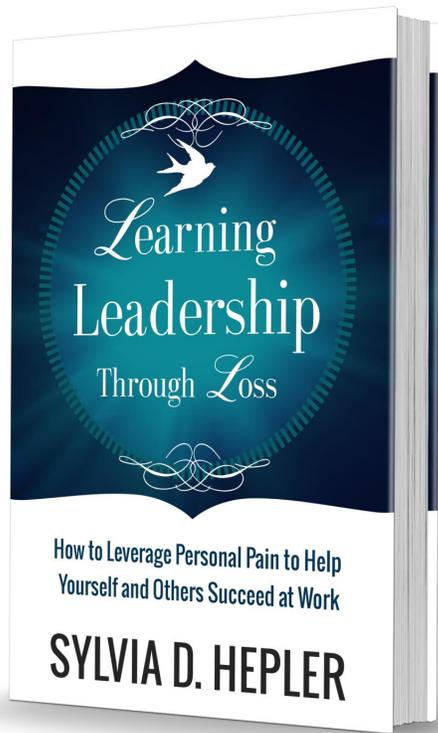
Sylvia’s new book, *Learning Leadership Through Loss*, helps professionals uncover the hidden career strengths gleaned during times of great personal challenge. After you hear Sylvia’s story, you’ll never look at ‘personal problems’ in the same light.

### Sample questions:

- Your book encourages us to look at life challenges as career building opportunities. Why do you feel that way?
- How can we give ourselves credit for the leadership lessons we learned outside of the office?

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- So many people, especially women, think they need to wait until their kids are grown, things are settled with aging parents or life is under control at home before they try to advance their careers. You disagree. Why?
- How can people develop more confidence at work?
- One of the things you discuss in your book is the wide variety of voices that leaders can use and leverage to get optimal results. Why is that important?
- You've faced some extremely difficult situations at home, yet still managed to maintain a challenging career. Can you share some of your best tips for exceptional job performance, no matter what's going on at home?
- What tips could you share for people who feel stuck in a dead end job or blocked from career advancement?
- Why is volunteering a great way to serve your community and develop your leadership skills?
- You share the story of your husband's long illness and eventual death and how that experience shaped your career and your leadership skills. So many people would have been tempted to become a victim of that loss, instead of using it as a growth opportunity. How were you able to do that?
- You work with many executives and business leaders. What tips can you share for our listeners who want to get a promotion or increase their visibility at work?
- Who could benefit most from the information in your new book?
- Where is your book available?



## ***About Learning Leadership Through Loss***

There is a gift in every personal challenge we face. Those gifts shape us and help us to become leaders, even when they are born from moments of deep personal pain.

It may seem strange, but the pain we face in our personal lives can become our greatest career asset. That was true for Sylvia Hepler and can be true for you as well.

In this riveting book, Sylvia shares her story

as a teaching tool to help you discover how your losses can make you a strong and powerful leader.

As you read this uplifting true-life story, you'll learn how to:

- Transcend your personal limitations
- Find and use your leadership voice
- Manage time, people, and programs with confidence
- Claim the wisdom from the challenges of life and use it to enhance your career and impact the world

*Learning Leadership Through Loss* is available internationally on Amazon.com in print and Kindle editions, as well as with other fine books sellers.

Trade Paperback Edition- \$19.95

Kindle Edition- \$7.99

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## What People Are Saying

“I have always felt that the greatest lessons come to us through pain and hardship. This book is a must-read for every person in business—especially women who face a variety of seemingly insurmountable situations during the course of their lives.”~Amma Johnson, Singer, Songwriter, Entrepreneur

“This book is definitely NOT the typical on the topic of leadership. Sylvia’s compelling story of her own dramatic personal loss challenges you to examine *your* life losses and their impact on your leadership style, growth, and development.”~  
Crystal L. Weand, Director, Division of Workforce Development & Training, PA  
Department of Health

“This awesome book is the antidote to moving beyond loss of any type. Sylvia poignantly reminds readers that leadership is not just about the goals we have achieved but about the struggles we have overcome.” ~Patricia A. Bucek, Vice President of Chamber Operations, Harrisburg Regional Chamber & CREC

“In this very personal book Sylvia shows people how we can be authentic and visionary leaders by changing our view of life’s most daunting obstacles. Using her own story of loss and subsequent growth and development, she provides clear guidance about how to become a strong leader *because* of what you’ve lost.” ~Rev. Sharron R. Blezard, Assistant to the Bishop, Lower Susquehanna Synod, PA (ELCA)

“Sylvia created a masterpiece that moves you to tears, kicks you in the gut, and leaves you wanting to turn the pages fast. A beautifully written transparent journal of hope, this book has the power to serve others who aspire to up their leadership game.” ~  
A. Drayton Boylston, Founder, The Executive Coaching University, LLC

## About Sylvia Hepler



Sylvia Hepler, owner and president of Launching Lives, LLC, is a career development specialist for managers and executives. She supports clients as they upgrade their current job performance, seek a job promotion, or plan and navigate a career transition.

After earning a BS in education from Lebanon Valley College, Sylvia originally served as a public school teacher and reading specialist. Her professional background includes extensive nonprofit management and leadership, public speaking, HIV/AIDS community program start-up, HIV/AIDS program evaluation, business writing, and retail sales. For five years she partnered with the Pennsylvania Department of Health and Pennsylvania Department of Corrections to design and implement several statewide health initiatives that are still being used today.

Sylvia provides both individual and group coaching, live workshops, keynote speeches, teleseminars and webinars, small group facilitation, and retreats. She writes a regular feature column for the Sunday edition of the *Harrisburg Patriot News Business/Money* section and a monthly ezine distributed across the country. She has authored over 150 business articles that are published on the internet and three special reports for persons in management positions.

Sylvia is an active member of the Harrisburg Regional Chamber of Commerce and the West Shore Chamber of Commerce, serving on various committees for each, and she is a member of Executive Women International, The National Association of Female Executives, Human Resources Professionals of Central Pennsylvania, the Women's Leadership Network affiliated with the United Way of the Capital Region, and Toastmasters International. A 2010 MS Leadership Award recipient and Central

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Pennsylvania MS Society board member, Sylvia believes strongly in serving her community.

Having successfully navigated several significant personal tragedies and challenges in her life, Sylvia brings great life experience and empathy to both her coaching and speaking engagements.

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