

Stacey Bernal

See Stacy Speak LLC/Bernal Badassery Foundation

Stacy Bernal is a change instigator, TEDx speaker, author, and coach at See Stacy Speak LLC. She graduated Summa Cum Laude from Weber State University with a BA in Communication as the 2013 Outstanding Graduate for PR & Advertising. She proudly serves on the WSU Alumni Association Board of Directors and Ogden City Diversity Commission. She is the founder of Awesome Autistic Ogden, an autism appreciation event turned community resource, as well as a 501(c)(3) nonprofit, Bernal Badassery Foundation.

Stacy is passionate about empowering individuals and organizations to live their biggest and most epic lives. She's an outspoken advocate for diversity, equity, inclusion and representation and she's known to challenge the status quo on occasion. She has been featured on HuffPost, Thrive Global, Chicago Now, Scary Mommy, Autism Parenting Magazine, and HER Magazine. She recently published her first book, *The Things We Don't Talk About: A Memoir of Hardships, Healing, and Hope*.

Her TEDxOgden talk, "Confessions of a Recovering Nobody," examines how the power of labels can keep us small but that ultimately we have the power to redefine the meaning of them and they can be used in powerful and positive ways.

Stacy lives happily with her family and fur babies near the mountains, where she enjoys all the amazing outdoor recreation Ogden, UT has to offer like mountain biking, running marathons, triathlons, and ultra-marathons. She loves to travel and looks forward to many great adventures all over the world.