

**Sgt. Stephanie J. Shannon**  
**#1 Best Seller Author – CEO**  
***MEDIA KIT***



# **Sgt. Stephanie J. Shannon Author Bio**

**Sgt. Stephanie J. Shannon is a #1 International Best Selling Author of the book “Battling the Storm Within”, entrepreneur, consultant, inspirational speaker and veteran advocate who has over 27 years of experience in the fields of business, social work, community development, leadership, ministry, collaborations, workshops and seminars. She is an honorably discharged disabled U.S. Army veteran who served her country for eight years including the 1990-1991 Desert Storm/Desert Shield Persian Gulf War I.**

**She earned her Bachelors in Psychology at Grand Valley State University in 1996. She has training in the fields of paralegal, real estate, social work, entrepreneurship and business. In 1999 she founded Stepeze Inc., a non-profit youth development that serves at-risk youth in the community.**

**She is a strong advocate for other veterans, especially the women veteran population. She is the founder/CEO of Michigan Women Veterans Empowerment a 501c3 non-profit faith based organization that empowers women veterans within the State of Michigan. In her first book, Battling the Storm Within, she shares her experiences of living for 20 years with undiagnosed post-traumatic stress disorder (PTSD) caused by military sexual trauma (MST) and Gulf War Illness (GWI). In this book, Stephanie shares how her time of military service, and the resulting trauma she experienced, continues to affect her daily life, a common story among military veterans.**

**A brave and deeply personal memoir that details Stephanie’s military experiences, and especially her struggles when transitioning back to civilian life, this book is a bold step on the path for recovery for all veterans and people that have suffered traumas. This book serves not only as a lesson of how to reclaim your life after PTSD, GWI, and MST, but also a call for change in legislation, government policies, the VA system, and military practices and procedures that impact the veteran population and their families.**

**Stephanie’s story is a story of struggle, survival, and healing, that empowers others to address their own personal traumas and overcome them, bring awareness to the public the many issues the veteran population face, and provide resources and solutions to veterans and others in need.**

**She is also a powerful inspirational speaker that is gifted with the ability to empower others and invoke change in the mind of the audience.**



### Expert Addresses Veteran Issues

Sgt. Stephanie J. Shannon is an author, entrepreneur, consultant, inspirational speaker and veteran advocate who has over 27 years of experience in the fields of business, social work, community development, leadership, ministry, collaborations, workshop and seminars. She is an honorably discharged disabled U.S. Army veteran who served her country for eight years including in the 1990-1991 Desert Storm War.

- What is Military Sexual Trauma, M.S.T. and P.T.S.D. how does it affect women vs. men?
- Enlistment Warning: Are people being informed about the possibility of experience M.S.T.?
  - Why are Gulf War Veterans dying off the battlefield in record numbers?
- No longer remaining silent, exposing the ultimate betrayal within the military ranks: MST.
  - Understanding the Gulf War Illness and how to heal from it.
  - Why are 22 veterans a day committing suicide?

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## **Sgt. Shannon's Media One Sheet**

Sgt. Stephanie J. Shannon has been featured and interviewed in several media outlets which can be viewed and listened to on her website @ [www.battlingthestormwithin.com](http://www.battlingthestormwithin.com) under the Media tab.

## Possible Interview Questions

1. Who are you and what's your role in the organization you have created and are leading?
2. Why did you found the MIWVE and what is your mission and purpose?
3. What problems and issues do soldiers often encounter during their military service?
4. How did you manage to live undiagnosed with PTSD for over 20 years and why did it take so long for you to be diagnosed properly? What is MS?
5. What is the Gulf War Illness and how does it affect your life?
6. What challenges do most veterans have when transitioning back to civilian life?
7. What did you do to change your life and overcome your traumatic life experiences?
8. How can faith in God help a person become healed and restored?
9. What are the needs of women veterans and what solutions to the problems?
10. What is the historical view and issues that women veterans face and how are things now?
11. What have you experienced as a woman veteran and how have you overcame those obstacles?
12. How is MIWVE helping women veterans through services, events, advocacy and etc?
13. What needs to change in regards to women veterans within the military and society?
14. What are the challenges women veterans still face today?
15. What does it mean to empower women veterans through faith?
16. How can we encourage, support and advocate for our women veterans within our communities?



**SGT. STEPHANIE J. SHANNON**

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