



**Stephanie Gularte, CPC,
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Stephanie Gularte is the founder and CEO of The Energy Advantage, offering workplace well-being workshops and leadership team coaching and retreats. As an experienced nonprofit CEO and community leader; a certified executive leadership coach; and a certified wellness practitioner, health coach, and personal trainer, Stephanie brings a uniquely dimensional approach to cultivating business leadership and creative vitality through a conscious well-being ethos. She integrates her experience promoting individual and organizational wellness to empower leaders to live and lead well and to develop teams and businesses that thrive. Through research-backed data and real-world experience—and together with policy and communication strategies that promote vitality and impact—Stephanie is on a mission to inspire transformational practices that promote workplace well-being and engagement, stress mitigation, and creative collaboration. Stephanie holds bachelor of arts degrees in political science and theatre arts, a master of fine arts degree in directing, and the following certifications: Certified Professional Leadership Coach (CPC); Certified Energy Leadership Index, Master Practitioner (ELI-MP); Certified Wellness Practitioner (CWP); Certified Personal Trainer with Sports Nutrition Specialization (CPT); Certified Health Coach (CHC); and Certified Mental Health First Aider (MHFA).