



# Haze Schepmyer

LIFE-EVENT TRANSITION CONSULTANT  
AUTHOR, FACILITATOR, SPEAKER

## KEY FOCUS

Facilitating powerful and unconventional conversations about navigating life's obstacles with GRIT.

## BIOGRAPHY

After the unexpected and unnerving loss of her dream job in 2019, Haze took stock of her lived experiences then launched **Grow My GRIT™** to facilitate powerful and unconventional conversations about moving through life events with GRIT.

Since taking her career into her own hands, Haze has used this platform to elevate the importance of reframing thoughts when it's time to do hard things. Specifically, Haze promotes shifting thoughts to the unique strengths and resources people reliably bring to challenging situations (i.e., their GRIT). With these important conversations in mind, Haze pioneered the **GRIT Growth Guide®** which highlights opportunities for people to know, grow and show their GRIT personally as well as professionally.

Candid self-discovery rooted in GRIT creates space for individuals to take inventory of their own life experiences and manage change. Haze's GRIT framework has been used by GRITizens across ages and stages who are searching for meaningful, measurable ways that they can shift from surviving to thriving as they move through life events.

## SUGGESTED INTRODUCTION

With us today is Haze Schepmyer, Life-Event Transition Consultant and host of Grow My GRIT podcast. She is the author of **Know, Grow and Show Your GRIT! Self-Discovery Made Simple**.

In 2019, Haze embraced the unexpected, unnerving journey to becoming an Entrepreneur and she has dedicated her career to facilitating powerful, unconventional conversations about navigating life's obstacles with GRIT. Her intention is to inspire others to access and activate the mountain of resources already inside themselves so they feel equipped to do hard things (e.g., manage change).

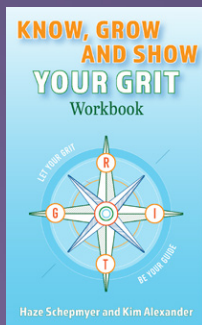
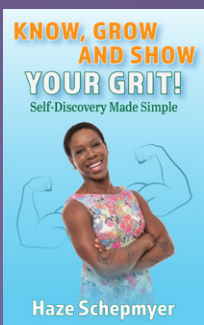
In her books and in her talks, Haze invites people to discover then explore their default setting in the face of challenging situations or relationships. Her **GRIT Growth Guide®** and personal development programs are effective, proven tools for approaching obstacles with renewed passion and purpose.

## SPEAKING TOPICS

Harnessing individual and collective GRIT so people can shift from surviving to thriving as they transition through life events including:

- Adolescence to Adulthood
- Recreating Identity
- Loss of Loved Ones
- Monetizing Art from the Heart
- Leveling-Up Leadership
- Prioritizing Parenthood
- Changing Gears in a Career

Grow  
my GRIT™



## CONNECT WITH HAZE

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