

Sylvia Baffour's Long Bio

Sylvia Baffour, renowned for her warmth and relatability, is a Certified Psychological Safety Coach and a celebrated Professional Speaker and Trainer. Sylvia's exceptional skills have earned her a spot among the Top 15 female motivational speakers by HubSpot, an honor she shares with inspirational figures like Oprah Winfrey and Mel Robbins.

At the heart of Sylvia's success is her rich tapestry of global experiences. Having visited over 38 countries, lived in eight, and mastered five languages, Sylvia's diverse background offers her a unique lens through which she connects with people from all walks of life.

For nearly two decades, Sylvia has been a beacon of guidance and support. Her Dare to Care™ Framework, steeped in emotional intelligence, has been a cornerstone for individuals and organizations striving to cultivate enriching and thriving work cultures. Esteemed clients such as Whirlpool Inc., Lockheed Martin, Capital One, and various respected institutions like Doctors Without Borders, the World Bank, and U.S. government departments have all benefitted from her expertise.

What truly sets Sylvia apart is the heartfelt praise she consistently receives from her clients. Described as having a “contagious and captivating energy,” Sylvia's innate ability to forge an immediate, heartfelt connection with her audience is unmatched. Her storytelling and personalized approach to presentations are not just effective but profoundly impactful.

Sylvia is also the proud author of "I Dare You to Care," a book that encapsulates her philosophy. In it, she explores the transformative power of emotional intelligence skills in inspiring, influencing, and fostering remarkable personal and professional growth.

With her approachable demeanor, Sylvia Baffour continues to be a guiding light, inspiring countless individuals with her wisdom, empathy, and unwavering dedication to making a positive difference in the world.