

Sylvia Baffour Brief Bio

Sylvia Baffour is a globally recognized keynote speaker and executive coach known for her engaging personality and deep expertise in emotional intelligence. Named one of HubSpot's Top 15 Female Motivational Speakers alongside Oprah Winfrey and Mel Robbins, Sylvia has delivered hundreds of keynotes for organizations like Whirlpool, Lockheed Martin, and the World Bank.

Her Dare to Care™ Framework helps leaders foster trust, resilience, and emotionally intelligent workplace cultures. Having lived in eight countries and speaking five languages, Sylvia connects deeply with diverse audiences.

She is the author of *I Dare You to Care*, where she explores how emotional intelligence transforms relationships at work and beyond. Clients describe her as having a “contagious and captivating energy” and a gift for turning insight into action.