

Sylvia Baffour Long Bio

Sylvia Baffour is a Certified Psychological Safety Coach, author, and globally recognized keynote speaker with a passion for helping leaders and teams thrive through emotional intelligence. Named one of HubSpot's Top 15 Female Motivational Speakers alongside Oprah Winfrey and Mel Robbins, Sylvia brings a blend of authenticity, warmth, and strategy to every stage and engagement.

Her global upbringing—living in eight countries and speaking five languages—gives her a unique ability to connect with diverse audiences and make complex human dynamics feel both relatable and actionable.

For nearly two decades, Sylvia has worked with top organizations—including Lockheed Martin, Whirlpool, Capital One, the World Bank, and Doctors Without Borders—sharing her Dare to Care™ Framework to foster more connected, inclusive, and emotionally intelligent workplace cultures.

Known for her “contagious and captivating energy,” Sylvia’s storytelling and audience engagement create an unforgettable experience that turns insight into meaningful change. Whether speaking to a room of senior executives or frontline professionals, she brings the same level of intentionality, humor, and humanity.

She is also the author of *I Dare You to Care*, a compelling guide to using emotional intelligence to inspire, influence, and lead with greater impact.

Approachable, globally minded, and deeply committed to helping people lead with heart, Sylvia continues to be a sought-after voice for organizations ready to elevate how they work, connect, and lead.