

# The Strength of Silence

In a world where our lives are constantly pierced by pings, podcasts and phones ...

Where did the silence go?

In this thoughtful keynote talk, Stephanie peels away the layers of modern life to look at the history of silence and examines how we have pushed it to the periphery of our lives.

**She asks:**

*What if we didn't see silence as empty, but full of possibility?*

*What if we deliberately chose to bring the silence back?*

*What if choosing silence could change our thinking and strengthen our interactions with each other?*

## Stephanie C. Mitchell

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Stephanie believes in the power of words. She is intimately acquainted with dead air and pregnant pauses from working as a journalist at CBC Radio for more than 10 years.

Now, Stephanie is a professional speaker and coach who focuses on clear communication. She works with leaders in law, business and healthcare.

The more Stephanie works with words, the more she has become convinced that we need fewer, better words — and more silence.