



SIERRA GRANDY

Sierra is a speaker, consultant, attorney, advocate, and founder of Questify Your Life LLC who is passionate about neurodiversity, disability, and mental health topics. She teaches from a lived-experience perspective backed by relevant research and education.

As an experienced presenter, Sierra can speak to groups on many topics customized for your audience's need... virtually or in-person.

Her goal is to empower individuals and organizations with actionable knowledge related to topics that affect all of us.

Most Popular Presentations

Mental Health Recovery: Leading From Lived Experience

Join Sierra in an insightful and vulnerable session on mental health recovery. Sierra will share her mental health recovery journey while teaching about what you need to know about the current working definition of recovery.

Neurodiversity in the Workplace

Have you heard about neurodiversity but want to know more about what that really means and how that knowledge can help you and your organization? This customizable presentation is for you!

Questify Your Life: Using Gamification and Positive Psychology for Increased Self-Satisfaction

This presentation answers the question: How do you increase your self-satisfaction if you were to treat your life like a video game? Great for well-being weeks and mental health conferences!

Inclusion Consulting

Sierra offers inclusion consulting and a workshop series which includes interactive sessions tailored to your organization. Each session is crafted to engage participants, promote understanding, and provide actionable strategies to build a more inclusive workplace.

Contact Sierra: Sierra@QuestifyYourLife.com

Speaking & Consulting Site:

<https://sierragrandy.com/>

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