

SIAN FLANAGAN

SPEECH DESCRIPTION

As Seen on TEDx West Vancouver | The RantAJAM™ Experience



SIGNATURE TALKS &
RANTAJAM™ EXPERIENCES

"Where Spoken Word Meets Transformation."

TEDX TRANSFORMATIONAL SPEAKER | SPOKEN WORD POET | COACH | AWARD-WINNING FILMMAKER | AUTHOR

Creator of The SILK Method™ & The Vibrant Living Way™ Method

There's a reason organizations book Sian Flanagan: she doesn't just deliver a keynote, she creates a cinematic, multi-sensory, transformational experience that is deeply centred in heart-centred living, research-grounded, and immediately actionable.

Blending spoken word poetry, film, and storytelling with her original coaching frameworks The SILK Method™ and The Vibrant Living Way™ Sian equips audiences with tools they can use right away, while igniting the courage and confidence to show up fully in life, body and business/ work role(s).

Every keynote is customized to your audience, your goals, and the transformation you desire to create. With over a decade of experience in coaching, performance optimization, and artistry, Sian activates audiences to step into authentic leadership with clarity, presence, and power. Each speech offers real world examples, blending science and personal storytelling to surprise, ignite and transform.

At 19, Sian Flanagan walked away from her dream as a semi-professional soccer player in the United Kingdom, not because she lacked ability, but because she didn't know how to set boundaries, ask for help, or be vulnerable in a unhealthy environment off the field that was draining her spirit. That turning point led her on a journey of self-love and grace, where she created The SILK Method™ and The Vibrant Living Way Method™. Today, as a TEDx poet (2025), best-selling author, and internationally award-winning filmmaker, award winning lyricist, she empowers audiences to move from fear to sovereignty and from force to flow.



Using her original frameworks (The SILK Method™ and The Vibrant Living Way Method™), a decade of coaching and performance expertise, and the creative power of spoken word and film, Sian hand-crafts each keynote into a cinematic, transformative experience. Her talks weave together science, psychology, and philosophy with storytelling and artistry to move audiences beyond inspiration into real, embodied change.

Sian's signature speaking topics include Putting The Being Back in The Human Being™, Unlock Your Inner CEO™, and Showing Up For You™, which are rooted in her Amazon #1 best-selling book Silk on Ice: The Process of Growing Into Grace and her upcoming workbook Self-Love: How to Show Up for You.

Her goal is simple: to send your audience back into the world with practical tools, grounded confidence, and the power to lead confidently expressed in their life, body, purpose.

Each keynote is inspirational, story-driven, and filled with strategies that can be customized to align with your event's themes, objectives, and the specific transformation you want your audience to experience and embody.

TEDx
West Vancouver

RollingStone



**CANADA'S
PODCAST**

Canada's #1 podcast
for entrepreneurs



SHOWING UP FOR YOU

How to Take Care of #1, Trust Yourself and Lead Through Flow to Express Authentic Confidence in Life.



It is not enough to tell people to “be confident” you must teach them how to move through fear that blocks their nervous system. That’s why The SILK Method™ is the ultimate framework for empowered freedom and sovereign self-leadership.

Born from Sian’s own journey through identity crisis, depression and graceful transformation. Her poetic experiences are captured in her Amazon #1 Best-Seller Silk on Ice: The Process of Growing Into Grace. Where the book brings a mirror of subjectivity, The Silk Method brings strategy rooted in her background in psychology and the book’s four distinct chapters Stolen, Inception, Love, and Kingdom.

These 4 stages became the blueprint for The SILK Method™ (See It, Integrate It, Love It, Know It™), a practical four-phase process that shows participants how to alchemize fear, integrate challenges, and step into sovereignty and empowered action.

This keynote-performance is deeply moving, story-driven, and practical, blending poetry, psychology, and embodied practice to guide audiences from hesitation to empowered action. Sian teaches how to follow intuition, practice sustainable self-care, and align with flow so life and leadership become expressions of authenticity and grace.

This keynote is about courage in motion the power that comes when we show up for ourselves and step into action. Sian teaches audiences how to follow their gut, incorporate self-care for sustainability and align with flow and presence so they can create lives and self-leadership rooted in authenticity. Through storytelling, spoken word, and practical tools, she guides participants to break free from hesitation and self-doubt and to anchor their power in everyday choices.

Your audience will learn how to:

- Activate and Trust intuition and act with clarity, even in uncertainty
- Alchemize fear into power through The SILK Method™ (See It, Integrate It, Love It, Know It)
- Anchor presence and flow to navigate change with confidence
- Lead with courage, authenticity, and bold self-expression

Learning Outcomes:

- Understand how fear impacts the nervous system and decision-making
- Apply tools to regulate stress and reframe limiting beliefs
- Cultivate resilience, self-trust, and authentic leadership presence

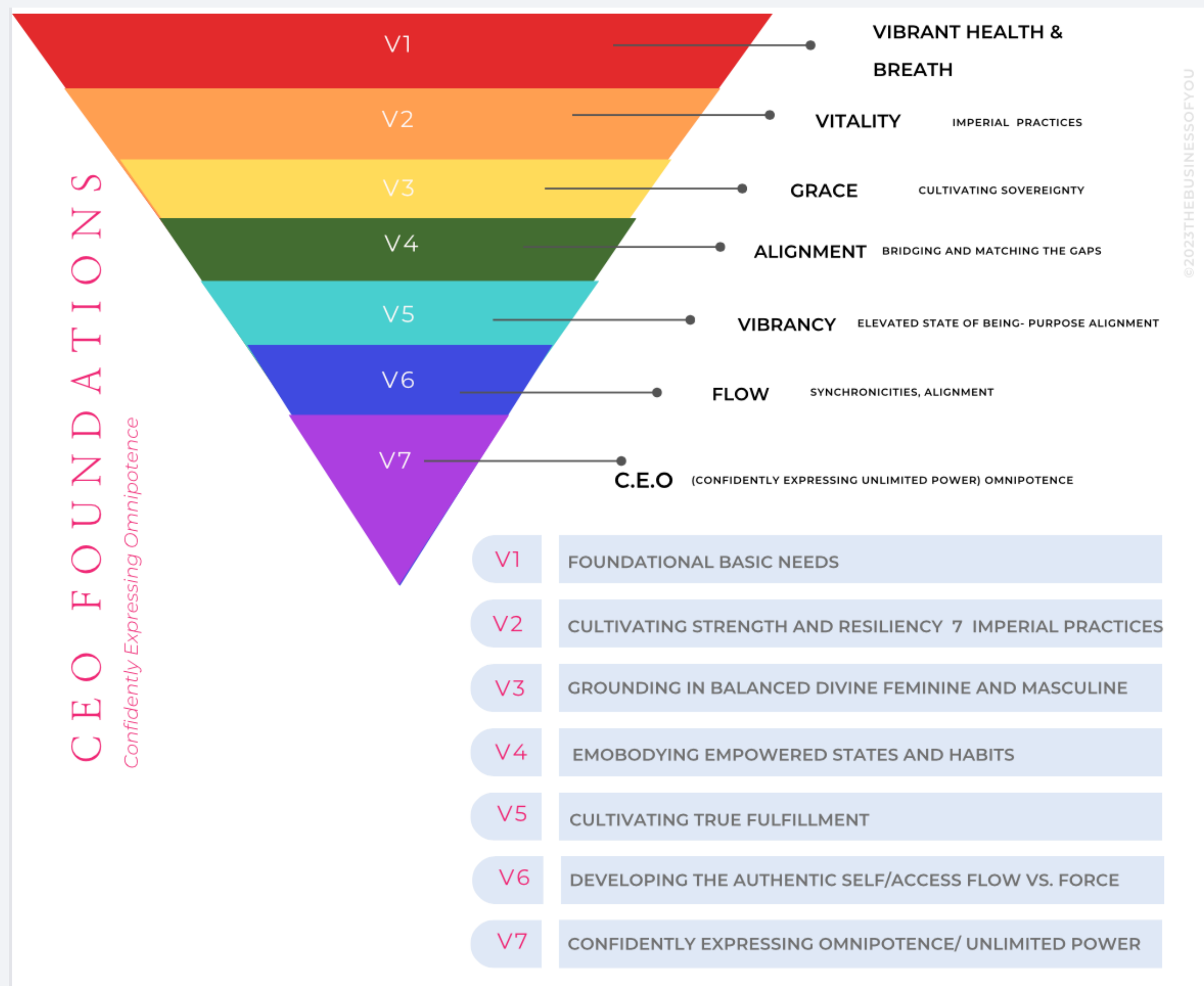
Format Options: 30 or 45 minutes

Customized Speech & Integration Session Available

A deeply moving and empowering talk-performance for leadership retreats, women’s summits, and organizations seeking to cultivate emotional intelligence and authentic confidence.

UNLOCK YOUR INNER CEO™

7 Steps to Lead with Flow, Intuition, and Limitless Power



Most leaders and visionaries try to force their way to success and end up exhausted, disconnected, or burnt out. The Vibrant Living Way Method™ offers a different path.

This seven-pillar system blends science, psychology, and embodied practices with a soulful philosophy that integrates mind, body, and heart. Participants learn how to rewire their whole *being* back into its natural rhythm and authentic purpose leading with joy, clarity, and confident expression in life, body, and business.

Unlike approaches that compartmentalize transformation, The Vibrant Living Way Method™ takes a holistic approach: working from the inside out and addressing the whole *human-being*. This integrative framework honours the science of how we function, the psychology of how we think, and the philosophy of how we live. The result is sustainable, soul-aligned leadership that restores balance, unlocks creativity, and cultivates resilience for lasting success.

This keynote-performance reveals The Vibrant Living Way™—Sian’s seven-step blueprint for aligned, heart-centered leadership. Blending story, science, and spoken word, Sian guides audiences to shift from force to flow, awaken intuition, and express authentic confidence that sustains performance without burnout.

Your audience will learn how to:

- Access flow and intuition as tools for clarity and decision-making
- Balance high performance with inner harmony and purpose
- Activate confidence, conviction, and creativity rooted in self-trust
- Lead with heart-aligned vision that inspires sustainable success

Learning Objectives:

- Apply the 7 pillars to balance health, vitality, and leadership presence
- Understand how alignment fuels productivity, creativity, and innovation
- Apply the 7 pillars of The Vibrant Living Way™ to restore energy and focus
- Cultivate intuitive leadership and embodied confidence
- Integrate practical tools to move from force → flow in business and life

Format Options: 30–45-minute

Customized Speech & Integration Session Available

A transformative RantAJAM™ experience for corporate, wellness, and entrepreneurial audiences ready to harmonize peak performance with soulful alignment.

Custom Speeches and Workshops Available Upon Request. If you are interested in customized keynotes or multi-date workshops or series on the topics of Inspiration, Leadership, Confidence, Women and Business, and Management/Influence let’s connect!

PUTTING THE BEING BACK IN THE HUMAN BEING

5 steps to reclaim power and presence in everyday life

1PUTTING THE BEING BACK IN THE HUMAN BEING™

Stop doing, start being to feel the vibrancy of life and build meaningful connection with self and others by getting out of the head and leading with the heart.

Signature Performance-Talk Description:

In a world obsessed with doing, Sian brings audiences back to the essence of *being*.

This cinematic keynote-performance a fusion of spoken word poetry, music, and transformational visual storytelling awakens the heart of what it truly means to be a human being. Through her acclaimed TEDx performance, Sian invites audiences to remember the rhythm of their own heart, rediscover connection, and rise beyond surface living and return to vibrancy and authentic power.

They will leave feeling grounded, seen, and reconnected to their inner truth with the unshakable confidence to lead, speak, and show up fully as who they truly are from the heart.

Your audience will learn how to:

- Walk from the head to the heart
- Experience a visceral, poetic immersion that bridges heart and intellect
- Reconnect with their innate creativity, empathy, and human connection
- Leave re-inspired to lead, create, and live with authenticity and grace

Format Options: 8 minutes (performance) including 15 or 30 minutes additional talk, educational steps and real life examples. Customized Speech & Integration Session available upon request.

This talk-performance is ideal for conferences, summits, and organizations seeking an unforgettable opening or closing keynote that blends art, inspiration, and embodied leadership.



PAST EXPERIENCE & CREDIBILITY & CONTACT

- International Award-Winning Filmmaker (Segregation, Illumination)
- Author of Silk on Ice: The Process of Growing Into Grace #1 Amazon Best-Seller
- Featured in Rolling Stone for her collaboration as lyricist, actress & singer in Stardust Directed by Uzair Merchant
- Creator of The Vibrant Living Way™ Method and Silk Method™
- Creator of immersive events blending poetry, music, and coaching
- Spoken Word Poet for TEDx West Vancouver 2025
- Speaker at PGA seminars, Collaborator for health and wellness workshops, Windsips Tea (Sechelt, B.C), Legends Wellness (Vancouver B.C), Rhythm Event, Royal Center for the Arts (Kelowna, B.C), Vancouver AI Community (Vancouver B.C), MC Sofar Sounds (Kelowna, BC), Artist Sofar Sound (Kelowna, BC), Artist, Vancouver Club (B.C), Artist, Nook Festival (Vancouver, B.C), Project Know Now Speaker, Vancouver School District, B.C
- Featured in Strong Fitness Magazine for holistic leadership & wellness
- Collaborated with brands such as Quality Greens as a coach & wellness advocate
- School District Vancouver, B.C, "Project Know Now"

Contact

✉ sian@thebusinessofyou.com

🌐 sianflanagan.com/tedx | sianflanagan.com/consciousentertainment

☎ 250.864.3389



PAST EXPERIENCE & CREDIBILITY & CONTACT



Her ability to craft a specific theme to our event made a huge impact on our audience, leaving a felt experience that our guests took home with them. Her work is a unique immersion that inspires and transforms.

Ricardo Trevino

CEO Legends
Wellness



Sian is an eloquent, empowering, and inspiring speaker who instantly captivates audiences. She delivered wisdom with heart and vulnerability, leaving our community uplifted and ready to transform. She is a true team player, always looking to add value and help in whatever way she can.

Megan Aryes

Founder I AM
Project You

PAST EXPERIENCE & CREDIBILITY



Sian's experience sits at the intersection of art and algorithm, yet what makes it unforgettable is how deeply human it feels, her poetry, music, and visuals brought truth, tenderness, and fire to our AI community. Her set was one of the most powerful examples we've seen, where spoken word, live keys, and AI film flowed as one, offering not just a show but a glimpse of the future we actually want.

Kris Krug

Founder
Vancouver AI



Sian has been apart of two series of seminars with our professional association, her knowledge, energy and professionalism has been well received by the our organization and professional athletes.

She has an ability to engage, educate and inspire a room of successful individuals and further their development and she has been a joy to work with!

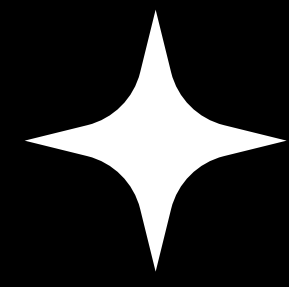
Grant Gray

PGA Association
Seminar Coordinator
PGA Athlete



“Bringing genuine connection and storytelling to your experience.”





Testimonials



"Sian brought a beautiful and impactful session to our live event. She curated a live poetry piece for our signature tea flight weaving it into her spoken word poetry speech and took our community through a live meditation and integration session. Her presence was a beautiful and impactful addition to our event. It was wonderful to work with her."

Windsips Tea