

The Resilient Lifestyle **EXPERT & SPEAKER**

Steven Garner, CEO, NEXCUE

Conquer your personal
and workplace drama!



513.817.4850 | [NEXCUES.COM](https://www.nexcues.com)

NEXCUE is Steven's solution to overcoming personal and professional drama

Since living life is like a dysfunctional drama, Steven uses the theater house as a metaphor to teach his resilience-building method called NEXCUE. It is a creative, practical, and systematic way to produce what he calls, a resilient mindset playbook.



Steven's electric communication style, authentic storytelling, and positive energy keeps the audience engaged and inspired to be resilient in tough times.



Steven's approach to helping executives build a resilient lifestyle is educational, practical and creative.

There are three key benefits you will receive by applying the NEXCUE method:

- Resilient lifestyle principles
- Resilient mindset formula
- Resilience empowerment routine

From the rough side of town to a resilient life-story

As a youth, Steven had to overcome what he calls the dysfunction of life, or drama. He experienced abuse, trauma, the effects of multi-generational poverty, fatherlessness, and the negative impact of living in a crime-infested neighborhood. He used his creative imagination and problem-solving skills to overcome his drama and become a resilient lifestyle expert and speaker.



Your life is a theater for producing an exciting, powerful, and resilient story.

– Steven Garner, *The Resilient Life Expert & Speaker*

4 NEXCUE Signature Resilience-Building Topics

1 How to recover after your worst professional failure

Learn how to conquer your self-doubt, boost your confidence, and be productive after experiencing failure in your professional life or business.

2 The five most powerful people you need to elevate your level of resilience

Discover how to select the right people and avoid the wrong ones when building a team to support your resilient lifestyle.

3 Why you need a tailor-made resilience routine for your hectic life

Get practical wisdom to create a resilience-building routine to reduce stress, rejuvenate your mind and body, and protect your well-being.

4 How to transform your mindset to thrive in a toxic culture

Learn how to use your imagination and communication to be positive and productive in a toxic workplace or prison environment.

Learn how to build a resilience empowerment routine



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Steven Garner/ Nexcue is an engaging and captivating speaker . His passion and empathy are palpable. His audience immediately trusts him. Steven's gift is his skillful engagement of his audience, sharing his compelling life experiences to lift their fears of going deep inside themselves to achieve self acceptance and create positive outcomes from the adversities of life. Steven always leaves you with a challenge and a path to find your passion and purpose. I have utilized Steven in our Fortune 500 company's weekly/ hourly Tuesday virtual TEAMS presentation series 7 times over the last 2 years. He is one of our highest ranked speakers and has been instrumental in growing our audience to a 150-300 associates per week. I consider him a trusted friend and advisor. I highly recommend Steven Garner/ Nexcue. He will continue to be a vital part of our organization's wellness and leadership programs.

– LDP. Wellness Program Coordinator



"I help early- to mid-career management professionals produce a resilient mindset playbook to conquer personal and workplace drama."

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About Steven



Steven is a resilient lifestyle expert, visual artist, marketing director, dynamic speaker, and certified John Maxwell coach. As a youth, he overcame what he calls the *dysfunction of life*—or drama. He experienced abuse, trauma, the effects of multigenerational poverty, fatherlessness, and the challenges of living in a crime-infested neighborhood. During those formative years, he used his creative imagination to develop problem-solving skills and the resilience needed to navigate the hardships of his childhood.

Throughout his career, Steven has worked with many professionals who felt unfulfilled—whether in their careers, personal lives, or both—stuck in dysfunctional drama. He recognized that many of the same patterns of dysfunction he had experienced were also hindering their ability to live resiliently. Determined to make a difference, he applied his creative problem-solving skills to develop *NEXCUE*, a resilience-building method, and became a certified John Maxwell coach and speaker.

Professionally, Steven's solutions-oriented mindset led him to become the director of marketing at DeanHouston Inc. During his tenure, he has played a key role in generating millions of dollars in revenue, helping the company grow into one of the largest award-winning global advertising agencies in his city.

The hallmark of Steven's career is his ability to apply creative imagination, resilient living methodologies, and problem-solving skills to drive positive results. He has developed innovative marketing strategies, programs, and presentations for global companies and national organizations, including Warner Bros., Toyota, Sara Lee, International Paper, LSI Industries, the American Marketing Association, OPW, Dover Corporation, and Hillenbrand.

Steven has also delivered keynote speeches and group coaching sessions for numerous organizations across various industries, including Kettering Hospital, The Cincinnati Insurance Companies, the Cincinnati Police Department, Ross Correctional Institution, Hamilton County Justice Center, Cincinnati Public Schools, and multiple national and global faith-based and charitable organizations.

Additionally, Steven hosts a weekly podcast, two YouTube channels, and a blog, where he shares expert insights on building a resilient mindset and lifestyle. His content empowers professionals and leaders to navigate workplace challenges with confidence.



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