

# Dr. Mila Sprouse EdD, MSN, CCRN, NE-BC

## Speaking Catalogue

### Healthcare & Nursing Leadership

- ☐ From Clinical to C-Suite: The Evolution of the Nurse Leader
- ☐ Leading with Integrity in a System Under Pressure
- ☐ Healing the Healers: The Mental, Emotional, and Moral Health of Nurses

### Leadership Development & Personal Growth

- ☐ Unseen but Not Unworthy: How to Lead Without Applause
- ☐ The Unseen Leader: What We Carry When the World Isn't Looking
- ☐ Legacy in Motion: How to Lead Beyond Your Title
- ☐ The Long Game of Growth: What 30 Years of Leadership Has Taught Me
- ☐ Bold Doesn't Always Look Loud: Redefining Executive Presence

### Values-Based Leadership & Inner Compass

- ☐ Grounded: Leading with Your Values as a North Star
- ☐ When the Title Wavers, Let Your Integrity Speak
- ☐ Courage, Culture, and the Call to Rise

### Relationships & Boundaries in Leadership

- ☐ Finding the Right People: Choosing Community that Builds You
- ☐ Letting Go of Those Who Pull You Down

### Diversity, Equity & Inclusion

- ☐ Color, Culture & Calling: A Filipina Executive's Journey Through Bias and Belonging
- ☐ Representation at the Table: Why Your Story Belongs in the Room

### Storytelling, Voice & Visibility

- ☐ From Silence to Spotlight: Finding Your Voice as a Leader
- ☐ The Stories We Carry: Leading Through Pain, Pride, and Purpose

### Faith-Based or Values-Driven Leadership

- ☐ Faith in the Climb: What God Taught Me in the Waiting, the Falling, and the Rising
- ☐ Servant First, Leader Always: The Calling Beneath the Credentials