

Carolyn Sharp, LICSW

Building Stronger Relationships for a Better World

Carolyn Sharp, LICSW, is a powerful international speaker, therapist, and relationship expert with over 30 years of experience helping people transform the ways they connect—in life, love, and leadership. Known for her dynamic presence and science-backed, real-talk approach, Carolyn brings both depth and energy to every stage. She is the author of *Fire It Up: Four Secrets to Reigniting Intimacy and Joy in Your Relationship* and a trusted voice on relational intelligence, emotional resilience, and meaningful connection.



RECENT HIGHLIGHTS:

- Author of *Fire It Up: Four Secrets to Reigniting Intimacy and Joy in Your Relationship* (Flashpoint Books) — 2025 Next Gen Indie Book Award Finalist
- Faculty at Kripalu Center for Yoga & Health for 2025 Fall Retreat
- Creator of Sacred Conversations, streaming on Humanity Stream+
- Featured Speaker: EmpowerHer Summit, New York Times “Healthy Times” Series, and The Thrive Summit (Costa Rica).
- Featured guest on podcasts including Bob Thurman’s Tibet House, Reasonably Happy, Empowered Relationships, WINK, The Meaningful Life, and many more.

SPEAKING TOPICS THAT SPARK CONNECTION AND CHANGE

- ✓ Curiosity, Compassion, and Connection: The Missing Links in High-Functioning Teams
- ✓ Sacred Conversations: The Listening Process that Transforms All Relationships
- ✓ From Burnout to Boundaries: The Real Self-Care Strategy for Health and Productivity
- ✓ Fire It Up: Reigniting Intimacy and Joy in Long-Term Relationships
- ✓ Wired for Survival, Built for Connection: The Neuroscience of Brave Relationships