



Stephanie Lemek

MBA, SPHR, CTSS | CERTIFIED STRENGTHS COACH

Culture, Talent & HR Expert
Workplace Mental Health Advocate

ABOUT ME

I'm Stephanie Lemek, a Culture, Talent, and HR expert.

With over 16 years of experience in Human Resources, spanning both large-scale Fortune 500 corporations and dynamic startups, I bring comprehensive knowledge and expertise in all aspects of HR, Culture, and Talent strategy. My background is also heavily in the built environment, I've supported construction and engineering organizations and understand the unique demands, rewards and environments teams work in.

In every role, I've noticed that the workplace just isn't built with everyone in mind. And despite the best efforts of HR teams and leaders, sometimes people still don't have the right supports to be successful.

With a lifelong mission of helping both organizations and individuals be successful (and at the same time!), there had to be a way to create organizational cultures where everyone can be successful- and that's where trauma informed workplaces come in!

Through a passion and research, I've found that what I was looking for to help leaders, HR, and Talent professionals approach the workplace with an understanding and responsiveness to the traumatic experiences over 70% of adults bring with them to the workplace, didn't exist. So, I set out on a mission to build it myself!

PROFESSIONAL EXPERIENCE HIGHLIGHTS

Founder & CEO - 2023 - Present

The Wounded Workforce

SVP, People - 2022

Venn Software

VP, Talent & Culture - 2019- 2022

NexMetro Development

Learning & Development Manager 2018 - 2019

McCarthy Construction

Human Resources Manager - West - 2016 - 2018

Pulte Group Inc.

HR Business Partner - 2013 - 2015

Kiewit

CONTACT

✉ stephanie@stephanielemek.com

🌐 www.stephanielemek.com

📞 602/578-8787

CERTIFICATIONS

Senior Professional in Human Resources

HRCI

CliftonStrengths Coach

Gallup

Leadership Development & Succession Strategist

HCI

Mental Health First Aid

National Council for Mental Wellbeing

Certified Trauma Support Specialist

Trauma Institute International

EDUCATION

Master of Business Administration

University of Nebraska, Omaha

BSBA, Specialization in HR Management

University of Nebraska, Omaha