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/EINPresswire.com/ -- Stephanie L. Anderson, DPC, MPC, BSM, was a featured keynote speaker at the Empowering Women and Girls to Thrive Summit at the United Nations.

This inspiring event occurred on Wednesday, July 31 at the United Nations Plaza in New York City, in alignment with Sustainable Developmental Goal #5: "to achieve gender equality and empower all women and girls."

The event featured 14 diverse women who offered solutions to issues women and girls face around the world. It also featured Ben Dotsei Malor, Chief Editor at the UN News, who shared a powerful message about what we can all do to empower women and shared his story of being raised by his widowed Mother and supported by his four older sisters.

A trichologist, advocate for alopecia awareness, and bestselling author, Stephanie Anderson's mission is to promote awareness; her



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Dr. Stephanie L. Anderson receives the President's Volunteer Service Award

mission is to educate and foster empathy, and empowerment for those suffering from hair loss.

As a global speaker, Dr. Anderson shares not only her own experiences with clients but also a heart-wrenching story about having battled the emotional rollercoaster of living with hair loss.

“My ultimate aim is to reach out to several groups of people who will benefit from this narrative. It will help individuals diagnosed with alopecia realize that they are not alone in their struggle. They will find comfort in knowing that their experiences and emotions are valid. By shedding light on the complexities of alopecia, this speech will empower and encourage individuals to embrace their unique beauty and embark on a journey of self-love,” said Dr. Anderson about her message.

“Also, this talk and the pain expressed within it will extend its impact to those who have a loved one dealing with alopecia. Friends, family members, and partners will gain valuable understanding and empathy from the stories and insights. They will recognize the various emotions a person with alopecia may undergo and learn how to offer the necessary support, both emotionally and practically. By becoming more knowledgeable and compassionate allies, they can play an essential role in fostering a supportive environment and promoting empathy towards those affected by alopecia,” Dr. Anderson continued.

Dr. Anderson hopes that viewers “will gain a profound understanding of the immense impact this condition has on the lives of many people, far beyond just the physical aspect.”

“I aim to ignite empathy, compassion, and education. I aspire to break down stigmas, foster a sense of inclusivity, normalize mental health awareness, and encourage individuals to support and uplift those who experience alopecia, fostering a world that embraces diverse forms of beauty. Also, using the Alopecia Affirmations I created by sharing on social media using #alopeciaaffirmation to join the movement and challenge the social stigma of alopecia,” she expressed.

Her talk, titled “[One Tool to End the Stigma of Hair Loss](#),” was crafted using the S.T.O.R.Y. System for Transformational Storytelling, created by Dr. Elayna Fernández.

“Elayna's step-by-step guidance and support were invaluable in helping me find my unique voice. Her S.T.O.R.Y. System has allowed me to connect with my audience on a deeper and more



Dr. Stephanie L. Anderson - Featured on Times Square Billboard

emotional level, fostering a sense of authenticity and trust to leave a lasting impact through my words. I highly recommend Elayna's S.T.O.R.Y. System to anyone looking to take their professional communication skills to the next level," said Dr. Anderson.

She candidly added: "Writing this story allowed me to explore my insecurities and self-image. As I continue to work professionally, research, and write about the emotional journey of individuals with alopecia, I find myself reflecting on my perception of beauty and concepts of what is socially acceptable. In realizing the immense pressure society places on appearances, I continue to be aware of my own prejudices and biases. Truth is, to some degree, we all have them. I believe that everyone has their own battles to fight, and it is through understanding and compassion that we can create a more inclusive and accepting world."

Attendees from all over the world (Nigeria, Ghana, England, Canada, and across the United States), offered praise for Stephanie Anderson's talk and its impact on them:

"Her compassion and dedication to helping those struggling with hair loss resonated strongly, and her call to action left me feeling empowered to support others in their journey. Her message is helping to create a more compassionate and inclusive society."

"Everyone can identify with struggles related to their physical appearance."

"Stephanie's speech made me feel compassion for the alopecia and hair loss community. Her topic is so important because it impacts so many people, specifically women worldwide, and is a source of shame due to beauty standards that are often impossible to meet."

"Stephanie inspires and promotes understanding and compassion regarding alopecia."

"Stephanie Anderson's message at the United Nations inspired us all to realize the influence and power each of us has as a unique individual to make a difference in the world."

"Stephanie's presence and heartfelt message bring peace to those suffering from hair loss."

"So many women suffer from this issue due to cancer treatments or even stress caused by burnout and other conditions. Raising awareness of how painful this is can help others to be more empathetic to women who have this condition."

"The moment she shared the 5 Alopecia Affirmation with the audience, it sparked a movement that challenged social stigmas surrounding hair loss."

"Stephanie's talk was a powerful eye-opener. Women's hair loss is often overlooked, yet it affects countless women due to various factors like hormones and illness. Her presentation highlighted the support and resources available that many women might not know existed."

“Her talk made me aware the stigma regarding the beauty in this world is real. So many people were impacted negatively by it. Everyone needs to listen to her to see their own beauty.”

Dr. Anderson's unique perspective and dedication to destigmatizing alopecia make her a true beacon of hope and change in the community.

At the event, she was also honored with the President’s Volunteer Service Award, with an accompanying letter signed by President Joe Biden, because of the passion for advocacy and empowerment that shines through her work, inspiring all to embrace their authentic selves and stand tall against discrimination. To commemorate this incredible achievement, she was featured on a billboard in Times Square later that day.

When asked about the event’s significance, Dr. Anderson shared:

“These women have come together with a common goal - to empower women and girls to thrive. Each speaker, with her diverse background and experiences, has something valuable to offer. Whether it's strategies for overcoming adversity, tips for building confidence, or insights on how to achieve your goals, there is something for everyone in these talks. You deserve to be empowered, inspired, and uplifted, and to thrive in all areas of your life, and these talks are a powerful resource to help anyone do just that.

To learn more, visit StephanieLAnderson.com and follow her @trinitylacewigs. Be sure to connect on LinkedIn at <https://www.linkedin.com/in/trinitylacewigs>.

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