SPEAKER PRESS KIT · 2026

Dr. Shenetta Malkia-Sapp

International Speaker · Best-Selling Author · Trainer



Stories that save lives. Strategies that build businesses.

Keynotes, workshops and conference sessions on two tracks:

- **Mental Health & Empowerment**
- **Real Estate, AI & Business**

INSIDE

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BOOKING & MEDIA

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AT A GLANCE

The Empowered Life Queen

- Founding President, Empowerment Essence, a 501(c)(3) nonprofit
- CEO, Sable Edge Management & Sable Edge Realty · 25+ years
- Maryland Governor's Commission on Suicide Prevention, 2014–2019
- President, NARPM DC Chapter, 2023–2026
- 2024 Presidential Lifetime Achievement Award
- Author, *The Resilient Asset* · International Ms. USA 2021

Biography

Dr. Shenetta Malkia-Sapp, Ph.D., is an international speaker, best-selling author and trainer whose work bridges mental health advocacy and real estate leadership. She is the founding president of Empowerment Essence, a 501(c)(3) nonprofit working to end bullying and suicide among young people, and CEO of Sable Edge Management and Sable Edge Realty.

She served on Maryland's Governor's Commission on Suicide Prevention from 2014 to 2019 and keynoted the state's 26th Annual Suicide Prevention Conference. With more than 25 years of executive experience in real estate, she has spoken at the NARPM National Convention and the National Landlord Convention, and served as President of the NARPM DC Chapter.

Her message is personal. A survivor of bullying and suicide, she turned her own story into a mission: "One Life Saved Is One Life Given." She is the author of *The Resilient Asset*, a recipient of the 2024 Presidential Lifetime Achievement Award, and a native of Queens, New York.

Suggested introduction (read aloud)

> Please welcome Dr. Shenetta Malkia-Sapp, founder of Empowerment Essence, a nonprofit dedicated to ending bullying and suicide among young people, and CEO of Sable Edge Management and Sable Edge Realty. A former member of Maryland's Governor's Commission on Suicide Prevention and author of *The Resilient Asset*, she brings honesty, strategy and hope to every stage. Please join me in welcoming Dr. Malkia-Sapp.

SPEAKING TOPICS

Two tracks. One message: resilience wins.



Mental Health & Empowerment

Schools, nonprofits, faith communities and youth organizations

- Mental Health Awareness
- Suicide Prevention, including safeTALK
- Anti-Bullying & Youth Empowerment
- Building Resilience & Emotional Strength
- Healing, Hope & Purpose



Real Estate, AI & Business

Real estate associations, property managers, investors and landlords

- Let's Make Magic: AI Tools & Property Management
- Exit Planning for Landlords & Investors
- Strategic Property Management for Predictable Performance
- Affordable Housing Operations & Compliance

Formats

Keynotes · Workshops & Trainings · School Assemblies · Conference Sessions · Panels · Virtual Events

Featured & speaking at

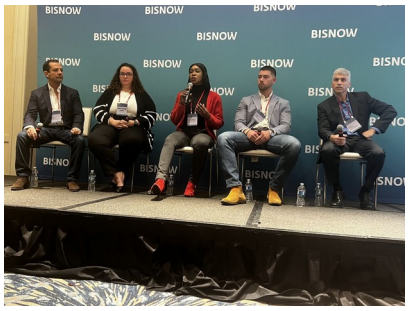
- NARPM National Convention
- NARPM Broker/Owner Conference
- National Landlord Convention 2026
- Bisnow D.C. Small Residential Owner & Operator Summit
- NAR Rental Expert Series
- Maryland Governor's Suicide Prevention Conference (keynote)
- Adira Mental Health Awareness Summit
- FOX 5 DC · iHeartRadio · BlackPressUSA · VoyageBaltimore

WHAT AUDIENCES SAY

People leave ready to act.

> “Absolutely loved hearing you speak! I was ready to jump out of my seat to support, as you were so committed, informed, and solution oriented.”
>
> **Desiree** · Director of Asset Management

> “You were such an inspiring panelist at the D.C. Small Residential Owner & Operator Summit. Your work is appreciated and so very needed!”
>
> **Crystal** · Attendee and property owner







Books

- *The Resilient Asset: Strategic Property Management for Predictable Performance* (author). amazon.com/dp/1834311217
- *Courageous Women Find Strength During the Storm, Vol. 3* (contributing author, chapter "Dear Broken Girl"). dearbrokengirl.com/#books

BOOK DR. MALKIA-SAPP

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Info@dearbrokengirl.com · 240.601.3950 · High-resolution photos on request

Watch attendees' thank-you: youtu.be/qDsJSqjNNmo