AUTHOR. ADVENTURER. STORYTELLER.

SAM PLAVINS

SAM PLAVINS has had a few lives. Financial advisor. Expedition leader. And yes, the woman who walked 800 kilometres across Spain because she'd run out of better ideas. She'd built everything she was supposed to want... the career, the credentials, the perfectly performed life. And somewhere in the building, she lost herself entirely.

Sam speaks to the overachievers and perfectionists, the adventurers and entrepreneurs. The women who have worn so many hats they've forgotten what their own hair looks like. Her audiences go from laughter to tears, sometimes in the same breath, because her story is ultimately about one thing: slowing down long enough to hear your own voice again.

SAM SPEAKS ABOUT:

The Treadmill Stops Here
Getting off before you fall off.

Walk Your Own Walk
Having a career, but still choosing yourself.

The Good Enough Trap
The cost of over-achievement.

The Performed Life
And what's underneath.

AS FEATURED IN:

CREDENTIALS:

Author, The Sam I Am (2026)
Founder, She Walks the Walk Inc
Former Top 5% Financial Advisor, MDRT
Co-producer, What is HAPPY? Film
Inspirational Speaker of the Year Finalist, Speaker Slam, 2023
Creator, New-Leaf Global Book Club
Host, She Walks the Walk Podcast
Contributor, tinybuddha.com

@SamanthaPlavins @SheWalksTheWalk @SamanthaPlavins

"Sam's story and courage speak to people's own experiences and spark imagination for thinking about one's own life story."
— Rev. Joyce Yanishewski, Wholistic Wellness Workshop

She had everything.
And she couldn't feel a thing.
So she walked.

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The Sam I Am

Why would a woman who had it all drop her successful life to walk 800 kilometres across Spain? The Sam I Am is for every high-achieving woman starting to wonder, "what have I done here!?" Raw, relatable and hard-won, it's the book that makes a room full of women feel finally, completely seen.

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