

CONTACT & CONNECT

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MEDIA HIGHLIGHTS

- Former PBS DIY Host (5 Seasons of 'House to Home')
- Founder of Cinematique Independent Film Theater
- Executive Director, Ormond Memorial Art Museum
- Aviation Pilot-in-Training (Embry-Riddle Alumni)
- Creator of 'Things I Forgot to Teach My Kids' Series

CORE TALKING TOPICS

- The 'M' Word Journey**
Navigating the three distinct life stages of modern womanhood: Marriage, Mommyhood, and Menopause.
- Expeditionvision**
Overcoming 'paralysis by analysis' in midlife. How to close the 'knowing and doing gap' to reclaim your identity and purpose.
- Little Old Lady Weightlifting**
The humorous, life-changing realities of longevity, hormones, and fitness after 50.
- The Worse-Than-That Diet**
Finding the sanity-saving middle ground between a full-on gluttony diet and kale/quinoa.

MEET STEPHANIE

Stephanie Mason-Teague is a storyteller, a self-proclaimed fixer, and the creative force behind EmptyMess®. Her path to the empty nest was anything but typical: she first came to Florida to study aviation at Embry-Riddle Aeronautical University. Trading flight school for film reels, Stephanie spent decades as a leader in the Florida arts community, hosting the popular DIY series 'House to Home' on PBS for five seasons, rejuvenating the Daytona Beach Film Festival, founding the independent theater Cinematique, and directing the Ormond Memorial Art Museum & Gardens.

Yet her most profound adventure began when her two children, Derek and Madison, left the nest 'off the books.' Confronting the paralyzing shock of a quiet house, she started writing down her weekly essays as a form of self-therapy. Today, through her popular Substack newsletter, her video series, and her books, Stephanie inspires parents worldwide to navigate major life transitions with humor, grit, and intentional action.

THE EMPTY MESS® BOOK SERIES

- Empty Mess: Rediscovering Life After Kids (Published Aug 2024)**
The essential survival guide for the empty nest transition. Born out of Stephanie's own struggles with loneliness, fear, and 'Crazy Town' anxiety, this collection of humorous, heartfelt essays helps parents overcome the initial shock of a quiet house and realize that 'life is good' and 'it's our time to shine.'
- Empty Mess: Beyond Supermom (August 2026)**
Moving from reflection to high-energy, purposeful action. This upcoming volume chronicles Stephanie's journey of finding a new vision through doing, and letting go of doing it all. From a life-changing mission trip to Namibia, Africa, to hiring someone else to paint the house rather than spending two months on a ladder, this book is about closing the 'knowing and doing gap' and reclaiming your identity beyond motherhood.

SUGGESTED INTERVIEW QUESTIONS

- Q:** What is the 'knowing and doing gap,' and how can empty nesters close it to find their 'Expeditionvision'?
- Q:** You talk about the 'M Words'—Marriage, Mommy, and Menopause. Why is this third stage such a 'kick in the teeth'?
- Q:** What is 'little old lady weightlifting', and how did an AI-assisted gym machine change your outlook on aging?
- Q:** How did your 16-day mission trip to Namibia, Africa, help you shift your perspective from 'What now?' to 'Now what?'?
- Q:** Why do you say that 'happiness is a choice' and that our purpose in life is about how we show up for other people?