

Stephanie Humphrey

Technology and Lifestyle Expert::founder, A Matter of Life and Tech blog

Tech-Life Expert Stephanie Humphrey is a former engineer who merges her passion for lifestyle media with in-depth tech expertise to show everyday people how empowering, enriching and fun technology can be. Stephanie is driven by the sole purpose of connecting people, particularly those underrepresented in technology, with the tech know-how to transform their worlds.



Stephanie is currently a technology contributor for **ABC News** where she serves as part of the nationally-syndicated **Strahan Sara & Keke** team. Before that, she spent two years as the technology contributor to daytime talk show **The Harry Show**, hosted by **Harry Connick, Jr.** She's also been a guest expert on the daytime morning show **Home & Family** on **The Hallmark Channel**, and **Sister Circle Live** on **TV One**. Stephanie was a frequent guest on **NewsOne with Roland Martin** and has also contributed her tech-life expertise to other national media outlets including **Al-Jazeera America**, **HuffPostLive**, **TheGrio.com**, and **BlackEnterprise.com**. She was the regular on-air tech contributor to **Fox 29's Good Day Philadelphia (WTXF)** where she delivered tech news from 2012-2019. Stephanie spent three years as the technology writer for **EBONY.com** and a contributor to **EBONY magazine**, where she provided readers with the latest in apps, gadgets, and social media. She was the originator of the popular **Tech2Go** column on **TheRoot.com**, and spent two years as the spokesperson for **HP, Inc.** on the **QVC shopping channel**. You can catch her monthly radio segment on **The Karen Hunter Show on Sirius XM** and hear regular tech segments on **WDAS-FM in Philadelphia** as well. And Stephanie uses social media to help thousands of people understand tech basics with her weekly **60-Second Tech Break** on Instagram & Twitter (**@TechLifeSteph**). Clips of some of Stephanie's work can be viewed on her [YouTube channel](#).

Helping students is the passion that drives Stephanie, and she has channeled this motivation into a seminar called **'Til Death Do You Tweet**. The seminar, tailored to either students, parents, or professionals, helps them understand the potential negative consequences of online behavior - especially through social media - and gives helpful advice on how people can maintain a positive reputation in cyberspace.

Stephanie is inspired by an innate curiosity to know why things work and an entrepreneurial spirit, which was the spark that started her on her present journey into tech-life media. Her expertise is built upon more than a decade as a **Senior Systems Engineer** at **Lockheed Martin** and engineering degrees from **Florida A&M University** and the **University of Pennsylvania**.

For booking and/or publicity inquiries, please email Josanne Lopez josanne@lopeztalent.com (manager), or Aliya Crawford aliya@w-wpr.com (publicist).