

A portrait of S. T. Griffon, a Black woman with long, wavy dark hair, smiling warmly. She is wearing a white button-down shirt and a thin necklace. The background is a soft-focus indoor setting with a yellow vase and a white bowl. The text 'Media kit' is overlaid in a large, brown, serif font on the right side of the image.

Media kit

S. T. GRIFFON

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ABOUT THE BOOK

Who are you when the life you've built no longer defines you?

From a turbulent childhood on Chicago's South Side to the 82nd Airborne Division and executive leadership in corporate America, S. T. Griffon spent much of her life defying expectations and pursuing a carefully constructed vision of success.

Then an unexpected job loss brought everything she believed about herself into question.

In *She Wasn't Supposed to Fly*, Griffon shares a deeply personal journey through adversity, ambition, loss, and reinvention. What began as a private effort to make sense of her own life became an exploration of the identities we construct, the expectations we carry, and the courage it takes to discover who we are beyond what we achieve.

A memoir about finding the freedom to become more than the roles we've occupied.

Core Themes

- Identity and Self-Worth
- Resilience and Reinvention
- Redefining Success
- Belonging and Authenticity

QUICK FACTS

Title:

She Wasn't Supposed to Fly: Told to Be Small. Born to Be Boundless.

Author:

S. T. Griffon

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ABOUT THE AUTHOR



S. T. Griffon

Author, former U.S. Army paratrooper, and
Enterprise Strategy & Transformation Executive

S. T. Griffon is an author, former U.S. Army paratrooper, and Enterprise Strategy & Transformation Executive whose journey has taken her from Chicago's South Side to the 82nd Airborne Division and executive leadership in corporate America.

Her debut memoir, *She Wasn't Supposed to Fly: Told to Be Small. Born to Be Boundless*, explores identity, resilience, belonging, and the complicated relationship between achievement and self-worth. Inspired by an unexpected turning point in her own life, the book invites readers to consider how their experiences, choices, and expectations have shaped their understanding of themselves.

Griffon brings a candid, thoughtful perspective to conversations about personal transformation, the expectations we carry, and finding the courage to redefine ourselves.

She holds degrees from Southern Illinois University and Wake Forest University.

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FROM THE BOOK

One afternoon at the hair salon, I was laughing with my stylist as we were in a heated debate about whether or not ketchup should be refrigerated.

"Yes, it has to be!" she insisted.

"Heck no," I said. "Who wants cold ketchup on fries?"

The room was full of laughter when my phone rang. I immediately shushed everyone and answered in a crisp, polished tone. "Hello, this is Shonna."

When I hung up, I noticed everyone staring at me.

"What?"

"Girl, what was that White-girl voice?" my stylist asked with a smirk.

"That's not a White-girl voice," I said.

"Yeah, it is. But if you gotta act White to get yours, you do what you gotta do, boo."

The room erupted in laughter once again.

I knew the truth, though. It wasn't about pretending to be someone else; it was about navigating different worlds and shifting as needed to be seen, heard, and taken seriously.

INTERVIEW QUESTIONS

Suggested conversation starters for interviews, podcasts, and author events.

- 01 For much of your life, achievement was central to how you understood yourself. What happened when an unexpected job loss challenged that identity?
- 02 You write about learning to navigate different worlds and expectations. How did those experiences shape your understanding of who you were?
- 03 You began writing privately, with no intention of publishing a book. What changed as you revisited the experiences that had shaped your life?
- 04 How did you decide which memories belonged in your memoir, and what did the process of writing reveal that you hadn't understood before?
- 05 Readers from very different backgrounds have told you they recognize parts of their own stories in yours. What have those conversations taught you about the connections between us?
- 06 Your memoir raises a question that extends far beyond professional success: Who are we when the roles we've built our identities around no longer define us? How has your answer evolved?