

Dr. JOYLYN Sparkles

SPEAKER KIT



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Dr. JOYLYN Sparkles



CHANGE THE WAY YOU THINK ABOUT YOURSELF.

HEAL TRAUMA + LEARN EMOTIONAL HANDLING SKILLS.

BE BADASS.

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Speaking Topics:

- MIND YOUR BODY
- HAPPINESS FIRST, THE REST WILL FOLLOW
- ANXIETY + DEPRESSION
- BOUNDARIES AREN'T BORDERS
- COMMUNICATION AND RELATIONSHIP DYNAMICS
- PLAY TOGETHER TO STAY TOGETHER

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YOU CAN BE HAPPY AF

LOVING YOURSELF IS BADASS. HAPPINESS IS INEVITABLE.
CHANGE YOUR REALITY BY CHANGING THE WAY YOU SEE +
TALK TO YOURSELF.

Dr. JOYLYN Sparkles, ND is the creatrix/founder of **the HAPPINESS clinic**. She works with high functioning people to release trauma and to create new neural pathways so that they can get unstuck, stop emotional reactivity, end emotional addiction, and be confident and HAPPY.

Joylyn's passion and effervescence are impossible to miss. Don't let her small frame and beauty fool you..she packs a lot of brains in that tiny package! She' a walking encyclopedia of all things Happiness and Health.

Combining her personal experience of childhood abuse, eating disorder, depression and suicide with her training in naturopathic medicine from Bastyr University—a pioneer in science-based natural medicine—psychology, improv + stand up comedy, she developed her unique coaching approach that makes happiness the priority, marker, and measure of success.

With authenticity and clarity, Joylyn is fierce and unwavering in her belief in one's ability to be off the charts happy; and she uses everything she's lived to help others to move forward by showing them the "backwards" way of putting happiness first so they can improve their health, communication, and overall productivity.

AREAS OF EXPERTISE

HAPPINESS

HEALTH

WELLNESS

COMMUNICATION

RELATIONSHIPS

NATUROPATHIC MEDICINE

CONFIDENCE

TRAUMA

MIND & BODY CONNECTION

PHYSIOLOGY

SELF LOVE

SPIRITUALITY

NOBODY ELSE NEEDS
TO CHANGE BEFORE
YOU CAN BE HAPPY.
YOU HAVE THE POWER
TO CHANGE
EVERYTHING WITHOUT
PERMISSION OR
WAITING.
BE HAPPY AF RIGHT
NOW.



Dr. Joylyn Sparkles

HAPPINESS EXPERT

About Joylyn

Dr. JOYLYN Sparkles is the creatrix of the HAPPINESS clinic.

Joylyn's energy is undeniable and CONTAGIOUS. Incorporating her improv and stand up comedy background, she delivers engaging and interactive presentations that are relevant and relatable.

She simplifies complex and conflicting information and offers pragmatic tools to help high-functioning individuals and organizations move forward by showing them the "backwards" way of putting happiness first—changing the way they see and talk to themselves and each other—so they can be confident, happy, and have greater impact.



Topics

INTEGRATIVE MEDICINE: Happiness + Trauma

Applying current research and literature on trauma to help individuals change the way they see themselves, use their bodies, and approach their futures.

RELATIONSHIP + COMMUNICATION DYNAMICS

Unlocking the secrets to creating healthy boundaries and communication patterns to improve relationship satisfaction, cooperation, and productivity.

AS FEATURED IN



Testimonials

◆ "Dr. Sparkles was terrific! Good job finding her." ◆

◆ "I really enjoyed her approach to an issue all too many people deal with." ◆



Let's Connect



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Presentations

KEYNOTES | SEMINARS | WORKSHOPS | EVENTS



Integrative Medicine

MIND YOUR BODY: Happiness + Trauma

You can't really talk about happiness without talking about trauma. Discover how the current research on trauma and the physiological changes that take place in the brain and body can be used to get out of judgment that keeps us stuck; and introduce the skills required to create healthy boundaries + communication patterns, and the tools to overcome the emotional reactivity and loneliness that are hallmarks of the struggle in the journey from victim (where things happened to her) to agent (I happen to things).

For individuals, families, teams, and schools; conferences, corporations, women's + family + wellness organizations

HAPPINESS FIRST: Fall In Love With Your Future

If you've ever found yourself stuck in a rut (and haven't we all?), there's some good news. Finally, a one-size-fits-all technique to get out of crisis and damage control in your relationships, career, finances, health, or personal life - and into new possibilities. Learn how to direct your curiosity to change your neurochemistry, fall out of love with your problems and in love with your future.

For individuals, families, teams, and schools; conferences, corporations, women's + family + wellness organizations

ANXIETY + DEPRESSION: Symptoms of the High-Functioning

Depression and anxiety are two of the most common and most misunderstood conditions of our time. Learn the root cause of both conditions and how to make happiness a reality without a full-time career of stress management or a life-long prescription for pharmaceuticals that can leave you feeling numb. Get the tips and tools you need to make happiness and ease a reality for you.

For individuals, families, teams, and schools; conferences, corporations, women's + family + wellness organizations

Relationship + Communication Dynamics

BOUNDARIES AREN'T BORDERS: Learning How to Light Up Instead of Burn Out In Relationships

Like Kermit said, "You can't live with 'em and you can't live without 'em"—be it friends, relatives, co-workers, or your own kids, we have to find a way to peacefully co-exist. Brighten your lives with boundaries and learn how to uphold them in a way to get useful information and help regulate your nervous system so you can communicate effectively and create mutually beneficial outcomes for you and your "-others."

For individuals, families, teams, and schools; conferences, corporations, women's + family + wellness organizations

5 TRUTHS YOU'VE NEVER BEEN TOLD: Relationship + Communication Dynamics To Set You Free

De-mystify and debunk the myths of relationships and communication that keep you locked in stagnant and damaging patterns. Unlocking the secrets to creating healthy boundaries and communication patterns to improve relationship satisfaction, cooperation, and productivity.

For individuals, families, teams, and schools; conferences, corporations, women's + family + wellness organizations

IMPROV IT TO IMPROVE IT: Using Comedy to Connect

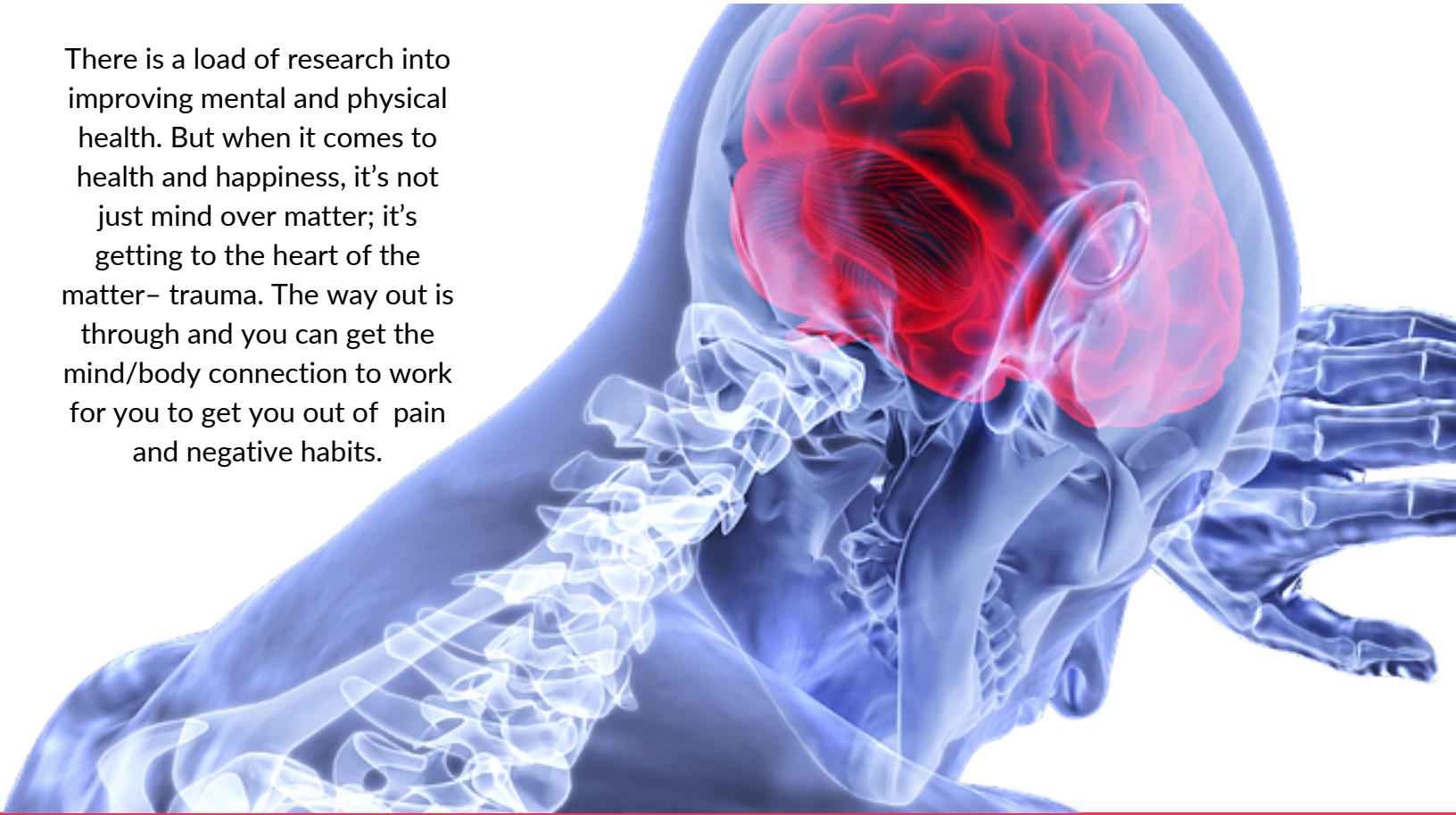
Learn the FUN-damentals of communication to build connection and trust through improv comedy. Bring a breath of fresh air to friendships, offices, and teams, or offer a novel way to spice up your love life with laughter and play.

For couples, teams, and offices; conferences, corporations, team-building

YOU CAN'T TALK ABOUT HAPPINESS WITHOUT TALKING ABOUT TRAUMA

MIND YOUR BODY

There is a load of research into improving mental and physical health. But when it comes to health and happiness, it's not just mind over matter; it's getting to the heart of the matter- trauma. The way out is through and you can get the mind/body connection to work for you to get you out of pain and negative habits.



Trauma is the rule, not the exception; and it does not have to be a dramatic event that one remembers.

This presentation covers current research on trauma and the physiological changes that take place in the brain and body. But instead of just remixing an old topic with new research, Dr. JOYLYN Sparkles uses the information to help individuals get out of judgment that keeps one stuck, introducing the skills required to create healthy boundaries + communication patterns and self-love, and the tools to overcome the emotional reactivity and loneliness that are hallmarks of the struggle in the journey from victim (where things happened to me) to agent (I happen to things).

We can change the way the brain is firing and de-condition the body from chronic stress, reprogramming our bodies and minds to generate happy thoughts and take goal-oriented actions so we can feel confident and enjoy lasting happiness.

MINDFULNESS

Mindfulness-based practices where we really become aware of body spatially, such as meditation, even athletics (must be slower paced) that engage the medial prefrontal cortex of the brain.

BREATHING

Breath is one way to "get the attention" of the subconscious and consciously signal safety and relaxation to change the physiological response and subsequent thought patterns

VAGAL TONING

Vagal toning to stimulate the parasympathetic nervous system to calm the brain and reduce stress

SOMATIC RELEASE

Somatic release-allowing the body to complete the actions that were thwarted, allowing us to complete the action, the thought loop, and metabolize the stress chemicals

RESOURCING

Other essentials-water, nutrients, community-making sure you have the resources to properly handle the physiological and psychological processes you are going through with healing.





HAPPINESS first ...the rest will follow

Dr. JOYLYN Sparkles

A lot of us think we will be happy when our problems go away. But what if that's backwards? What if choosing to become curious about happiness and our desired future is how we actually get out of our problems?

Everything we've been taught about finding happiness is backwards.

Most people know more about what they don't want than what they do want, and in that way unintentionally "fall in love" with their problems—paying attention to them and asking questions about the origins, the explanations, the details.

We can get out of this problem-focus and emotional reactivity, change our brain physiology and the direction of our lives by shifting our attention and curiosity to happiness.

When we are curious about something our brains release dopamine.

Dopamine is one of the neurotransmitters involved in "falling in love," along with norepinephrine and oxytocin. (Dopamine opens learning centers, making us open to new information; norepinephrine makes us focused, and oxytocin promotes bonding.)

We can fall in love with our lives by getting curious about ourselves, our futures and who we would like to become.

We direct our curiosity with questions. When we ask better questions, we get better information—becoming empowered instead of overwhelmed.



ANXIETY AND DEPRESSION

SYMPTOMS OF THE HIGH-FUNCTIONING

Depression and anxiety are two of the most common and most misunderstood conditions of our time.

Learn the root cause of both conditions and how to make happiness a reality without a full-time career of stress management or a life-long prescription for pharmaceuticals that can leave you feeling numb.

Get the tips and tools you need to make happiness and ease a reality for you.



BOUNDARIES AREN'T BORDERS

(Learn how to light up instead of burnout in relationships)



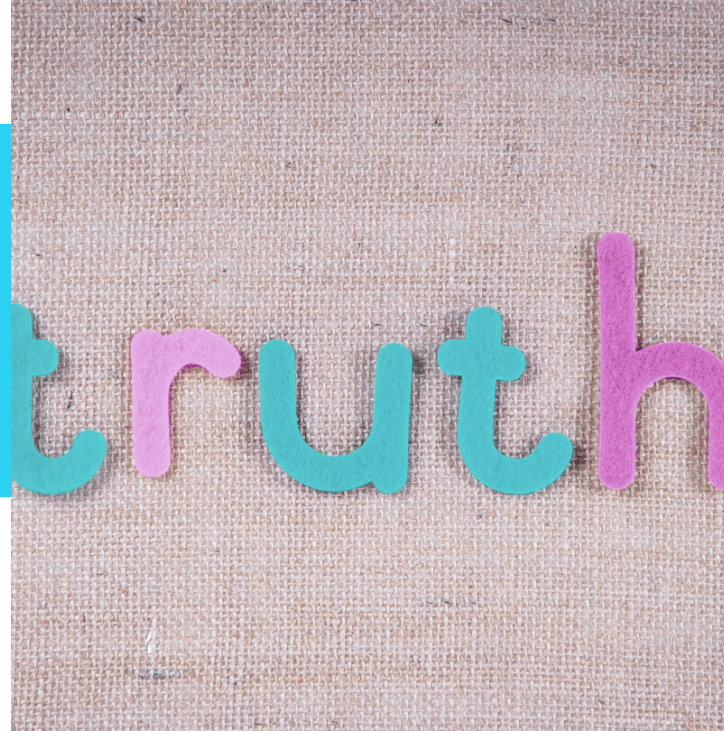
LEARN TO CREATE CONNECTION AT HOME + WORK

The conventional approach to boundaries actually emphasizes and promotes a dynamic that requires a great deal of energy to maintain, reinforces trauma patterning and chronic stress, and leaves us feeling tired, frustrated, and alone.

There's a better way to do boundaries that can heal and enhance your relationships, elevate your self-esteem, and facilitate greater connection with others.

- Boundaries are an act of LOVE.
- Boundaries give you space and ensure your safety.
- Boundaries are flexible.
- Boundaries can change.
- Boundaries are dynamically created in the present, determined by what you make yourself available or unavailable to.
- Boundaries are your responsibility.
- Boundaries make healthy communication and relationships possible.
- Boundaries can be fun and connecting.

5 TRUTHS YOU'VE NEVER BEEN TOLD



communication + relationship dynamics to set you free

1

Normal is not necessarily healthy.

Familiar and comfortable can be killers. Release expectations and recalibrate your nervous system to learn what healthy relationships are and feel like.

2

Most communication is miscommunication.

Most of what we do actually creates confusion and conflict. Undo subconscious patterns and re-write your internal script to communicate in healthy ways.

3

Trauma is the rule, not the exception.

The changes in your brain and body weren't your choice, but healing is. Learn the physiological changes from trauma and how to heal them and create a new reality.

4

If something in your life isn't working it's YOU that is missing.

Fixing what we think is wrong, scrambling for control, or struggling so other people's experience or perception of us is good isn't really working. Explore how to reconnect and get back into flow.

5

Who you are becoming is the valuable product.

We've been taught that the outcome is what determines success...and often end up feeling empty. Discover a new way to determine and feel what success is.

Play together. Stay together.

Looking for a relationship reboot? Couples looking for something different than the usual dinner and flowers have a new option—an event that offers an experience that can make love last: I Heart Us Improv Jam.



A Conscious Rethink even published an article titled: “Science Confirms Couples Who Laugh Together, Stay Together”

- When we laugh our brain releases oxytocin, the bonding and love hormone. Oxytocin is what can take a fling and turn it into the real thing. (And a side benefit—deep belly laughs can help tone your abs!)
- Stress changes our brain wave patterns and hinders learning and creativity. Humor and play relieve stress and allow us to think and communicate more effectively.
- When you see your partner in a new group activity, it’s going to show you a side of them that you probably haven’t seen before. This inspires curiosity and opens up new possibilities of how to relate to one another.
- Vulnerability, our willingness to take risks and expose ourselves emotionally to others, is a key component of deep and meaningful relationships. (And having a safe place to practice helps).
- We have to change how we communicate with one another. A lot of us got poor information and modeling, so we know how to MIScommunicate and create conflict. Now it’s time to learn new and effective communication to boost confidence and connection.
- We learn fastest through play. Research out of University of Illinois at Urbana-Champaign shows that adult play speeds up learning, enhances productivity, and promotes bonding and communication.



The **I Heart Us Improv Jam** is an experiential workshop for couples.

- Improv comedy is something that most couples have never done together before
- It's not talking about communication...it's *playing* with communication
- Feel like being a kid again—playing games, listening, taking turns, bonding, laughing
- Benefits last longer than just having dinner together
- Research from the National Institute of Health noted shared laughter as a useful objective marker of relationship well-being

DR. JOYLYN SPARKLES
Creatrix + Facilitator

UPCOMING BOOK



Reclaiming Your Power from Powerless Situations

by Dr. JOYLYN Sparkles, ND

IN THIS BOOK YOU'LL LEARN:

- The missing **FIRST** step required to get out of your current pattern of struggle to create lasting change
- Introduction and explanation of multiple modalities available to use and how to recognize the physiological changes taking place in *your* body so that you can learn to use these signals to break **OUT** of trauma patterns in real time to get best results quickly
- Ways to become friends with your body/subconscious—ending self-sabotage and getting your brain and body to work for you and your goals
- Techniques to recalibrate your nervous system to sense of calm, safety, and inclusion (which often initial feels foreign) so that you can increase your confidence and ability to enjoy and receive good and happy things in your life
- Signs and signals of improvements and the hallmarks of healthy relationships so you can recognize them as they come into your life (because it doesn't always look or feel like things are getting better even when they are)

Recent research and literature has brought trauma to the forefront of multiple areas, including education, criminal justice, and even family and workplace relationships. More and more there is a shift in identifying “what is wrong with you?” to “what happened to you?” —Acknowledging that **there is no inherent wrongness, brokenness, or inability to succeed for anyone**; rather there have been circumstances and a lack in consistent, controllable, and reliable relational experiences that have left millions of children and adults working from a deficit.

Their work gives substantial, research-based information as to *why* you feel and behave the way you do, which can offer relief from judgment and suffering that many experience as they seem unable to break out of certain patterns and relationship struggles.

But just as there is a biological response to trauma, there is a biological way out of trauma.

While understanding how our brains react to stress and trauma helps clarify how what has happened to us in the past shapes who we are, **trauma does not limit or determine who we can become and what we can achieve.**

Our brains not only have the power to adapt, they have the power to take us from coping and understanding to healing and thriving. There are things we can do with our body to train our brain.

We can "re-wire" our brains and transform into WHO WE WANT TO BECOME.

In her upcoming book, Dr. Sparkles applies this research and the knowledge of what happened to us to give our bodies, brains, hearts + souls, what they need—in appropriate doses and timing—to do just that.

This book shifts the objective further from “What happened to you?” to “I HAPPEN TO THINGS,” emphasizing and encouraging us to become curious about how we want to show up in the world and giving the information and tools required to actually realize that. She will show you how to HAPPEN to things and reclaim power from situations of powerlessness.

BOOK

GODDESS' GUIDE TO BREAKUPS

Whether it's a him, a her, or even a habit or an old self-identity that you're leaving, or if you're the one who's been left, you know it's coming—the tidal waves of emotions and self-doubt. This guide takes you by the heart and shows you what's available to ease your transition to the happiness on the other side of this situation. You can read it cover to cover or go to the section you need most at the time. But with this guide, you will be empowered by the gories and glories of a breakup expert on just how to summons the courage to conquer your doubts and come out shining.

Turn your breakup into a breakthrough.

GODDESS' GUIDE TO BREAKUPS



DR. JOYLYN SPARKLES

available now





THINGS
DON'T
HAPPEN TO
YOU...
YOU HAPPEN
TO THINGS.



THERE IS NOTHING WRONG WITH YOU.

If things aren't going the way you'd like, it is NOT evidence of your worthlessness or powerlessness or any other -lessness you've assigned as the cause of the way things are right now.

THERE IS NOTHING WRONG WITH YOU.

Turn away from the temptation to elaborately describe or diagnose the problem; to assign fault or blame to yourself or anyone or anything else.

Instead, know there is nothing wrong with you, you are not being punished. The reason things are shitty right now is because of something you are choosing—the way you are interpreting other people's actions or the ideas you have about yourself—that is making things to show up this way.

The crummy circumstances you face could also be an awareness that you are ignoring, fighting to get your attention; or it could even be exactly what you are looking for, showing up in a way you never thought possible and didn't think to be curious about.

Stop being so hard on yourself, blaming yourself, depriving yourself of affection or encouragement. "The beatings will stop when morale improves"—doesn't work.

There is no reason that you cannot accomplish or have what you'd like...

it's just not part of your reality yet, or it is already showing up and you just can't see it .

There is nothing wrong with you.

You are not hopeless.

You are not a burden.

You are not broken.

You don't need to be fixed.

I am here to help you see your own beauty, brilliance, and power to turn things around and change what isn't working for you.

I HAPPEN TO THINGS

Books | Presentations | Coaching programs

Dr. JOYLYN Sparkles show you how to:

Re-synchronize hemispheres of the brain

so you can think and function in a coherent and organized way



Learn ways to increase dopamine, oxytocin, and other "feel good" neurotransmitters

to promote learning and bonding, enriching your ability to create healthy and meaningful relationships

Regulate the amygdala and limbic systems

(lower emotional-based, survival areas of the brain that filter and process sensory information first) to make decisions with greater clarity

Tonify and stimulate the parasympathetic nervous system

(through vagal toning and somatic release) to enhance recovery and wellness

Increase activity of Medial prefrontal cortex

(rational/logical thinking part of brain, also involved in self-awareness/mindfulness)

Change the way the brain is firing and **decondition the body from chronic stress** so we can reprogram the mind to think happy thoughts and take goal-oriented actions

Connect with the benefits of trauma recovery—not just as theories or potentials, but as real possibilities for your life!

- Greater access to creativity,
- Improved communication,
- Emotional resilience and confidence (less anxiety, depression),
- Decreased compulsive eating (and other coping mechanisms),
- Increased energy, flexibility, and overall health + productivity,
- Better boundaries + relationship satisfaction

Understand neuro-plasticity, mirror neurons, and other physiological mechanisms in order to **promote emotional regulation and social stability**



Dr. JOYLYN Sparkles is the creatrix of the **HAPPINESS clinic**; naturopathic doctor, expert in relationship dynamics, educator and speaker on trauma + happiness. She simplifies complex concepts and terminology to make the research applicable and useful to those seeking healing from trauma so they can be confident and happy.

COACHING PROGRAMS

WITH DR. JOYLYN SPARKLES

INDIVIDUAL + GROUP COACHING for high-functioning, self-aware badassess who over-think/ think negatively/ people pleaser/ perfectionistic/ highly emotional to change your brain physiology + biochemistry.

- Break up with insecurity and build self-confidence
- Handle intense emotions with greater ease (be calmer, less reactive) and raise self-esteem
- Improve communication + relationship dynamics
- Release stored trauma to increase your sense of safety, vitality, and belonging
- ...and much more!



GET READY.
GET SET.
GET HAPPY.



90 DAY RELATIONSHIP REMODEL

Get clarity, direction, and ease in your life as you identify your unique needs in your relationships that might be different than everyone else you know, or anything you have seen or had modeled for you.

Uproot and eliminate deeply held insecurities, self-doubt, and people-pleasing tendencies to claim your space and time.

Learn effective ways to communicate authentically to eliminate resistance and foster cooperation.

Discover joy. Become unfuckwithable.

Intensive individual/couple coaching program.

I Heart Us Improv Jam DATE NIGHT + RELATIONSHIP COACHING

Are you having the same argument over and over?
Boring conversations with limited topics?
Just want to laugh together?

If you've been in relationship long enough, there comes a time when communication breaks down—it's a nearly universal experience.

...but traditional couple's therapy is just so serious... and seriously expensive.

Now there is an alternative that is fun

...and will save you loads of wasted time and draining arguments.

*Side effects include improved communication, greater confidence and teamwork.

Workshop and class formats available.
(Can be modified for professional + team events.)

HAPPINESS BRAIN TRAINING

HAPPINESS Brain Training integrates the latest research with targeted coaching.

This Future Forward Focus™ design inspires confidence and authentic optimism without the hard work and heavy emotional processing of conventional programs.

Using the latest research in neurophysiology, this program “re-wires” your brain, creating new neural pathways that make happiness, confidence, and calm your “default” setting.

Text reminders twice a day, everyday of your program—built in accountability so you maintain the consistency required to achieve your goal.

You literally change the “signals” you send out, and begin to attract more positivity to your life.

This training is designed for speed and longevity—that means that you get change fast and it lasts.

Group coaching program.

LOVE YOUR CELLS

It's time to be friends with your body and start working together to realize your magnificent future.

This program brings together Future Forward Focus™ coaching and naturopathic medicine principles + modalities to address your whole being.

Increase vitality, change your shape + uplevel your fitness, and gain a greater awareness and appreciation of your physiology to enhance and accelerate your healing on all levels.

The best is yet to come and this program will show you how to integrate all aspects of your being for full-on, total self-loving bliss.

Integrative individual + group coaching program.

6 WEEK GET UNSTUCK + HAPPY AF CHALLENGE

This is a crash course in confidence and **LOVING YOURSELF OUT OF STRUGGLE.**

Unlike other programs that give you a list of things to do or try on your own time, this program delivers built-in practice time. Plus, the lessons and practices in this program are going to show you how to get your subconscious to work for you, instead of sabotaging your efforts to change.

Instead of getting lost in thought or theory, you get guided practice with the tools and techniques that lead to lasting change. You don't leave with a list, you leave with a new reality- where you truly handle your emotional sh*t and live life on your terms (even with other people around).

With video modules, guided practices, and optional group coaching, you will gain valuable insight into the process of change and how to make it easier. Best of all, you'll learn how to get unstuck to happy AF in any area of your life, creating sustainable change, loving yourself the whole way through.

Group coaching program.



GET MORE SPARKLES

PODCAST



YOUTUBE



FACEBOOK

A Facebook banner with a blue bokeh background. On the left side, there is a large white cross logo with the words "the HAPPINESS clinic" written inside it. In the center, the text "the HAPPINESS clinic" is written in a large, bold, black font. Below this, in a smaller font, it says "WITH DR. JOYLYN SPARKLES". A horizontal line separates this text from the main message below. The main message reads: "No bullshit coaching + pragmatic tools to heal trauma and change the way you think so you can be confident + happy AF". On the right side, there is a circular inset photo of a woman with long hair, wearing a black t-shirt with "HAPPY AF" written on it, sitting on the ground and smiling.

This is the best group of badassess and superhero sensitives to learn and support your growth as you learn about trauma patterning, communication + relationship dynamics, and the emotional handling skills needed to create sustainable happiness.

The secret to success is Future Forward Focus™ coaching approach that combines the latest in neurophysiology and quantum physics with old school psychology and a boatload of consciousness-based modalities.



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Podcast

<https://anchor.fm/thehappinessclinicpodcast>

<https://bit.ly/HAPPINESS-on-YouTube>



