

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