



Life Lessons UNLEASHED

Motivation to live a life you love

With a unique combination of personal stories, actionable content, and joyful laughter Heather introduces audiences to four essential elements of stress reduction, anxiety prevention, and positive mental health.

Sometimes You Gotta Be 'SELF'ish

4 Personal Strategies for Positive Mental Health

Do you ever experience a sense of uneasiness, worry, or anxiety about something (or everything)? Do you ever feel so unheard or unappreciated that you struggle to get through the day rather than letting yourself enjoy the moment? If yes, this presentation is for you!

Heather gives you good reasons to be 'self'ish sharing simple, yet powerful strategies for reducing feelings of stress by increasing your sense of self.

From being more comfortable in social situations to feeling more empowered overall, understanding the four elements of self will uncover a new sense of strength and unleash a new level of confidence. Managing stress is never easy, but it is possible if you are ready to be SELFish.

THE FOUR ELEMENTS OF SELF

Self-Talk	Using that little voice inside to shape who you are on the outside
Self-Control	Deciding how you will relate and react to things
Self-Care	Prioritizing you, your health and your happiness
Self-Acceptance	Recognizing, trusting and sharing all of your amazingness!

"Heather exceeded my expectations, and I feel like she said things that were new and different than other speakers. Her keynote was wonderful and connected to our conference theme perfectly."

Jennifer McIntosh
FVTC

"Heather's presentation was wonderful. We appreciated her ability to tailor the message to our audience."

Liz Dehling, UW Calumet



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To learn more about Heather, request a quote, or set a time to talk, please visit heatherwhittaker.com or contact Heather directly via phone: 920-203-1171 or email: info@heatherwhittaker.com