



Life Lessons

U N L E A S H E D

Motivation to live a life you love

With a unique combination of personal stories, actionable content, and joyful laughter

Heather provides simple skills audiences can use every day to reduce stress and anxiety increasing their overall happiness.

Just Press 'PAWS'

4 Keys to a Happy, Fulfilling Life

In today's crazy post-covid world, could your attendees benefit from strategies to bring peace and joy to their lives? This highly engaging, entertaining, and interactive presentation will have people up, out of their chairs learning how to stop, take a breath, and then start again with a new perspective.

Easily tailored to any industry or event topic, this presentation sets a positive tone for any retreat, conference, or association meeting.

As a closing, it instills a feeling of positivity and happiness that the audience will associate with your entire event.

Learn new ways to reduce stress & anxiety; Just Press 'PAWS'...

P	Be Present
A	Attitude of Gratitude
W	Willingness
S	Smile & Be Silly

"Your presentation was AWESOME! We used your words throughout the meeting as ice breakers and comic relief. You set the tone for the conference perfectly."

Peg Larson, WHA

"We appreciated her ability to tailor her presentation to our audience."

Liz Dehling, UW Calumet



MEET YOUR

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To learn more about Heather, request a quote, or set a time to talk, please visit heatherwhittaker.com
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