



Life Lessons
U N L E A S H E D

Motivation to live the life you love

With humor, relatable stories, and actionable content, Heather will help your audience kick start their journey towards

Check Anxiety at the Door 5 Ways to Lessen Anxiety at Home

Home is supposed to be a safe haven; our shelter and place we find comfort, however, that's not always the case. There are several ways our home environment can actually result in more anxiety; not less.

In this presentation, your audience will...

- Walk away with 5 strategies to reduce anxiety at home
- Understand the relationship between personal space, your environment and anxiety
- Learn about ways eating habits can impact anxiety

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

Peg Larson, WHA



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