



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 success.

Just PAWS 4 Principles for a Fulfilling Life

The perfect conference opening or closing, this keynote is easily customizable to your event. It's an interactive speech presenting four keys to personal fulfillment and a life with reduced stress and anxiety. The four elements are:

1. P = Presence and Purpose
2. A = An Attitude... of Gratitude
3. W = Willingness
4. S = Smile and be Silly

Just PAWS sets a positive tone to start a conference and as a closing, people will leave the room smiling, laughing, and feeling relaxed so their last memory of the event is positive.

"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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P
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MEET
YOUR

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