

*"Wonderfully Interactive"*  
*"Funny and Relatable"*  
*"She set the tone perfectly"*



An award winning author and speaker, Heather motivates people to live a life that's unleashed; the life they were meant to live.

Interactive, powerful programs based on the principles of passion, people, and purpose.

Available topics include: General Motivation/Success, Managing/Reducing Anxiety, Positive Mental Health, Being Your Authentic Self, Communication Skill Building or the topic of your choice.

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## PROGRAMS

### Make Your Happy Happen

Focusing on the three key principles of Passion, People, and Purpose, participants discover the secrets of motivating both themselves and others to achieve higher levels of personal and professional achievement. Within this program, your audience will...

- \* Understand how the elements of 'Passion, People, and Purpose' support each other leading to higher levels of achievement and engagement
- \* Learn the importance of authenticity and the impact it has on future success
- \* Discover the one, single most important word that increases engagement; Make regular use of this word and watch people smile!



### Being 'Self'ish - How to Successfully Live with Anxiety and Panic

Learn the strategies of 'self' which strengthen mental health:

Self-Talk      Self-Control      Self-Care      Self-Acceptance

Heather gives you good reasons to be 'self'ish. These are conditions she lives with, and she speaks from personal experience. The keys to successfully managing stress and anxiety in our lives, your event attendees will learn strategies to reframe their thinking, gain an appreciation for mindfulness, and walk away with a plan for self-care on their journey.

### Just PAWS – 4 Elements to a Fulfilling Life

The perfect conference opening or closing keynote presentation, Just PAWS is easily customizable to your event. It's a motivational speech presenting four keys to personal fulfillment and living a happy life with reduced stress and anxiety. Just PAWS is an interactive presentation which has audience members up, out of their chairs smiling and laughing.



### Check Anxiety At The Door - 5 Ways To Reduced Anxiety At Home

For many people managing a general anxiety disorder (GAD), home isn't always a happy place. It's supposed to be a safe haven; our shelter and place we find comfort, however, that's not always the case. In this presentation, Heather provides 5 reasons this happens and what to do about them.

## Partial List of Satisfied and Recent Audiences

TRIO Student Support Services  
Aurora Medical Center  
Miller Electric  
Marian University  
Discovery Children's Center  
UW Madison - Residence Life

Operation Cinderella  
WI Business & Professional Women  
WI Hospital Assoc  
WI Human Services Financial Managers  
WI Register in Probate  
Golden Living

Fox Cities Networking Assoc  
WI H.S. Gymnastics Assoc  
UW Calumet County  
UW Oshkosh  
Toro Manufacturing  
Bilingual Training Associates