Inspiring *Energetic*

Funny *Authentic*

Yvonne Heath

RN, AUTHOR, TV HOST, SPEAKER

I JUST SHOWED UP

"I DON'T KNOW WHAT TO DO! I DON'T KNOW WHAT TO SAY!"

Have you ever said these things or felt this way, when someone was in crisis?
Divorce, diagnosis, mental health issues, job loss, trauma, the death of a loved one—it's all grief!
Are you fearful you might do or say the wrong thing, so you avoid?

Yvonne Heath's incredible message, **I JUST SHOWED UP,** *is funny yet poignant and empowers everyone who hears it. Grief is coming, but the good news is we can develop the skills to take better care of ourselves and each other. With 27 years as an RN working in the healthcare system, becoming an author and sought-after speaker, Yvonne's expertise will impact you in ways you never thought possible.*

Yvonne speaks to:

- **companies and corporations**
- **professionals**
- **students**
- **non-profit organizations**
- **community groups**

Topics include:

I Just Showed Up! Learn how to show up empowered and resilient, when grief arrives at the door.

I Don't Know What to Say! 7 Take Aways for developing and implementing workplace compassion.

Passion and Purpose: Vacate your comfort zone and ignore logic to create your second act in life.

Why not Powerful and Compassionate? Create the workplace culture where women can and should be both.

Consistent feedback: **"THIS IS LIFE CHANGING!"**

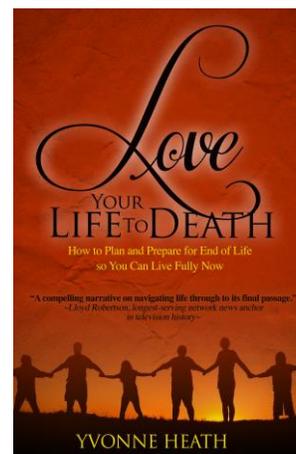*"Yvonne can help business leaders empower their companies and employees and create a culture of change."*
Joe Lipsett, Retired Business Owner and Executive

"Yvonne is changing the world for the better, in a powerful way."
Anne Larcade, President & CEO
Sequel Hotels and Resorts

"With sensitivity, humour, and enlightening examples, Yvonne helps us to confront an uncomfortable subject."
Dr. Paul W. Truscott, M.D., C.C.F.P.

Yvonne's book is available on: Amazon.com
& www.LoveYourLifetoDeath.com

BOOK YVONNE FOR YOUR NEXT EVENT!

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