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SPEAKER TRAINER COACH



THRIVE: Building Healthy Boundaries So You Can WIN!

Do you find yourself saying yes, when you really need to say no? Are you an overworked, overextended, or exhausted woman who is putting everyone else first? Do you find yourself volunteering (or being volun-told!) for different committees, boards, jobs, or unpaid or underpaid commitments that don't serve you or your loved ones? Are you reheating your coffee more than once because you got pulled away to handle someone else's emergency? If any of this sounds familiar, I promise you're not alone.

The good news is that there are ways to set healthy boundaries and THRIVE in every area of your life. Creating these boundaries is essential to balancing your needs while building productive relationships with others in your life. They are a crucial component of self-care that will allow us to feel balanced, in control, and empowered to thrive in every aspect of our careers, families, and communities.

In this motivational keynote you will learn to:

- Understand what a true emergency is so that you can make decisions that work for you and those around you
- Shift your mindset so that you can be your biggest champion
- Communicate your wants and needs to be understood and respected
- Start small and be consistent-- this is a marathon, not a sprint!
- Acknowledge that boundaries improve our relationships and self-esteem

As a physician, Dr. Susan taught brain-based learning and processes for over two decades. She weaves this into relatable experiences to connect on a deeper level with her audiences. She speaks on post-traumatic growth and teaches people to not just bounce back from adversity, but bounce *highest*. If you're ready to channel the energy of your life lessons and harness them into something worthy of what you're capable of transforming into, then this keynote is for you!