

health and wellness speakers

Health and Wellness Speakers: Inspiring Change Through Powerful Presentations

Are you looking to invigorate your next corporate retreat, wellness conference, or health-focused event? Finding the right speaker can make all the difference between a mildly engaging session and a truly transformative experience. This comprehensive guide dives deep into the world of health and wellness speakers, exploring what makes them effective, how to find the perfect fit for your needs, and what to expect from a top-tier presentation. We'll uncover the secrets to selecting a speaker who will resonate with your audience, leaving them feeling inspired, motivated, and ready to embrace a healthier lifestyle.

Understanding the Power of a Health and Wellness Speaker

The impact of a skilled health and wellness speaker extends far beyond simple information sharing. They're storytellers, motivators, and educators all rolled into one. A captivating presentation can:

Boost employee morale and productivity: In the corporate world, focusing on employee well-being is crucial. A wellness speaker can help foster a culture of health and encourage positive habits that lead to increased productivity and reduced stress.

Increase attendee engagement: Forget dull presentations! A dynamic health and wellness speaker keeps the audience captivated through interactive sessions, compelling stories, and actionable advice.

Promote healthy habits: Speakers can provide practical strategies and tools that attendees can immediately implement in their daily lives, fostering lasting behavioral changes.

Drive brand loyalty and positive associations: Associating your brand with health and wellness initiatives demonstrates your commitment to your audience's well-being, enhancing your reputation and strengthening customer relationships.

Inspire a sense of community: Shared experiences and collective learning create a sense of community around health and wellness, encouraging sustained commitment to positive lifestyle changes.

Types of Health and Wellness Speakers

The landscape of health and wellness speakers is vast and varied. You'll find experts in various niches, including:

Nutritionists and Dietitians: These speakers delve into the science of nutrition, offering practical advice on healthy eating habits, weight management, and specific dietary needs. They can address common misconceptions and provide evidence-based strategies for optimal nutrition.

Fitness Experts and Trainers: From yoga instructors to personal trainers, these experts offer guidance on physical activity, fitness routines, and the benefits of regular exercise. They often incorporate demonstrations and interactive exercises into their presentations.

Mindfulness and Meditation Instructors: These speakers teach techniques for stress reduction, emotional regulation, and cultivating inner peace. Their presentations often include guided meditations and practical exercises for improving mental well-being.

Stress Management Specialists: These professionals focus on the impact of stress on physical and mental health, offering strategies for coping with stress and promoting resilience.

Sleep Experts: Understanding the importance of sleep is crucial for overall health. Sleep experts educate audiences on improving sleep hygiene and the impact of sleep deprivation on well-being.

Motivational Speakers with a Wellness Focus: These speakers combine motivational techniques with wellness principles, inspiring audiences to take charge of their health and achieve their personal goals.

Finding the Right Health and Wellness Speaker for Your Event

Selecting the right speaker is paramount. Consider these factors:

Audience: Who are you trying to reach? Their age, interests, and prior knowledge will influence your speaker choice.

Event Goals: What do you hope to achieve? Are you aiming for increased engagement, improved employee well-being, or the promotion of specific health initiatives?

Speaker Expertise and Credentials: Look for speakers with relevant qualifications, experience, and a proven track record of delivering engaging presentations.

Presentation Style: Do you prefer a formal lecture, an interactive workshop, or a more informal, conversational style?

Budget: Speaker fees can vary significantly, so set a realistic budget before starting your search.

Testimonials and Reviews: Check out past client testimonials and reviews to gauge the speaker's effectiveness and audience reception.

Availability and Logistics: Confirm the speaker's availability on your chosen dates and discuss logistical details such as travel arrangements and technical requirements.

Maximizing the Impact of Your Health and Wellness Speaker

To ensure your event is a resounding success, consider these additional strategies:

Pre-event Promotion: Generate excitement and anticipation by promoting your speaker and their presentation through social media, email marketing, and other channels.

Interactive Elements: Encourage audience participation through Q&A sessions, polls, and interactive exercises.

Follow-up Actions: Provide attendees with resources and tools to support their continued progress towards healthier habits. This might include handouts, online resources, or access to further support groups.

Gather Feedback: Collect feedback from attendees to assess the effectiveness of the presentation and identify areas for improvement in future events.

Conclusion

Investing in a high-quality health and wellness speaker is an investment in the well-being of your employees, your customers, or your community. By carefully considering your needs, researching potential speakers, and implementing effective strategies, you can create a truly transformative

experience that leaves a lasting positive impact. Remember to focus on finding a speaker whose message resonates with your specific audience and event goals. The right speaker can be the catalyst for significant and lasting positive change.

FAQs

1. How much do health and wellness speakers typically charge? Fees vary widely depending on the speaker's experience, reputation, and the length of the presentation. Expect to pay anywhere from a few hundred to several thousand dollars.
1. How do I find health and wellness speakers in my area? You can use online search engines, professional networking sites (like LinkedIn), and event planning platforms to find speakers in your geographic location.
1. What questions should I ask potential health and wellness speakers? Inquire about their experience, expertise, presentation style, fees, and availability. Also, ask for references and testimonials.
1. How can I ensure my audience engages with the speaker? Encourage interaction through Q&A sessions, polls, and hands-on activities. Choose a speaker with a dynamic and engaging presentation style.

1. What kind of follow-up is best after a health and wellness presentation? Provide attendees with resources, such as handouts, links to online resources, or details on follow-up workshops or support groups. This helps sustain the positive momentum generated by the presentation.

health and wellness speakers: The Financial Mindset Fix Joyce Marter, 2021-07-27 Uncover Twelve Mindset Shifts That Will Transform Your Financial Future As a therapist, Joyce Marter noticed an extraordinary trend: as her clients improved their mental health, they leveled up in other areas of their lives. They received raises, they got promotions, and some even started their own business. This epiphany led her to develop an insightful and ingenious process for releasing limiting habits and beliefs so you can begin your journey to freedom and prosperity. Here, Joyce shares the culmination of her life's work as the go-to expert on the "Psychology of Success"—a proven method to help you improve your financial well-being by focusing on your psychological and relational issues around money. By working with The Financial Mindset Fix, you will learn how to: • Recover from burnout, overwhelm, financial stress, and money anxiety • Improve your mental health by practicing better self-care and accessing the support you need and deserve • Change the way you think, feel, and behave with money to end self-limitation and self-sabotage and welcome far greater success • Embrace your worth and set healthy boundaries in your financial relationships with others at home and at work • Create a personal and professional vision for holistic success that includes work-life balance and tending to your dreams • Use simple tools from cognitive behavioral therapy, mindfulness, and narrative therapy to change your life personally, professionally, and financially For anyone looking to step into a life of wealth and well-being, this is a welcome guide. "In this wonderful new book, successful therapist Joyce Marter gently takes you by the hand and walks you down the path toward better mental health and abundant financial life. Her twelve unique mindsets will revolutionize your relationship with money and significantly improve the way you view yourself." —Stephen M. R. Covey, author of New York Times and #1 Wall Street Journal bestseller The Speed of Trust

health and wellness speakers: The Blue Zones of Happiness: Secrets of the World's Happiest Places Dan Buettner, 2017-10-19 In this inspiring book, Buettner offers game-changing tools for setting up your life to be the happiest it can be. In these illuminating pages, you'll: Meet the world's Happiness All-Stars--inspiring individuals born in places around the world that nurture happiness as well as Americans boosting well-being in their own communities. Discover how the three strands of happiness -- joy, purpose, and satisfaction -- weave together in different ways to make Denmark, Costa Rica, and Singapore some of the world's happiest places. Use the Blue Zones Happiness Test to pinpoint areas in your life where change could bring more happiness--and then find practical steps to make those changes. Learn the Top 10 ways to create happiness, as revealed by a panel of the world's leading experts convened specifically for this project

health and wellness speakers: The Corporate Athlete Jack L. Groppe, Jim Loehr, 1999-12-28 As Jack Groppe so aptly explains, the rigor of corporate athletics is often even more demanding than that of professional athletes. In my world, one does not have the luxury of an off-season. . . . This book is a must read for all those striving for the gold.-Arthur M. Blank, CEO and President, The Home Depot Wow! This is an incredible book. Every person in business should read The Corporate Athlete from cover to cover and apply it every day.-Brian Tracy, author of Maximum Achievement: Strategies and Skills That Will Unlock Your Hidden Powers to Succeed Today's corporate world is

much like the world of professional sports-it is fiercely competitive and mentally and physically demanding, and it requires constant, vigilant training. More than ever, to maintain health, happiness, and career success, executives and employees must become Corporate Athletes. In this book, top business consultant, trainer, and lecturer Jack Groppel shows you how to use the training mentality of elite professional athletes. Based on the latest scientific research, *The Corporate Athlete* shows corporate competitors how to achieve maximum performance levels-both inside and outside the corporate world. Drawing on the parallels between sports and business, Jack Groppel reveals the integral roles that nutrition, fitness, and self-improvement-mental, physical, and emotional-play in giving Corporate Athletes their winning edge. It's an edge that's crucial if you need to come to a meeting fresh off the plane, pull out all the stops on a big presentation, cut the major deals-and still have the energy to enjoy time with family and friends. This practical and beneficial 21-day program will give you, no matter how overworked you are, the stamina and commitment to develop a world-class career. Learn to: * Have as much energy for your family at 8 p.m. as you have at the office at 8 a.m. * Be on when you need to be on * Respond to change, adversity, and crisis more constructively * Display more positivity and confidence * Eat properly on the road, in the air, and before and during business meetings * Slow down the aging process Take advantage of the same secrets that Dr. Groppel has used to help high-stress professionals-from Olympic athletes and NHL stars to fast-lane executives at major companies like Morgan Stanley Dean Witter, Estée Lauder, and Bristol-Myers Squibb-get themselves in fighting shape. Here is the program that will train you to perform at the highest possible levels in both your professional and your family life-because taking optimum care of yourself, mentally and physically, is the best way to take care of business. Outstanding . . . *The Corporate Athlete* is a truly comprehensive program to help you achieve both your personal and your professional goals. It will help you take control of your life and effect positive physical, mental, and spiritual change.-Darlene Hamrock, Regional Vice President, Clinique Why do so many top performers call themselves Corporate Athletes? Today's challenging business climate requires every top executive to be perfectly fit both mentally and physically. *The Corporate Athlete* is must reading for everyone who wants to manage his or her business, career, or profession effectively while living a balanced life. Buy it-it's a great investment.-Leonard Lauder, Chairman and Chief Executive Officer of the Estée Lauder Companies, Inc. This is the book to teach you how to perform your job at the highest level possible while maintaining maximal health and happiness.-Jim Courier, French Open champion and former world No. 1 tennis player

health and wellness speakers: *The Pact* Sampson Davis, George Jenkins, Rameck Hunt, Lisa Frazier Page, 2003-05-06 A NEW YORK TIMES BESTSELLER A remarkable story about the power of friendship. Chosen by *Essence* to be among the forty most influential African Americans, the three doctors grew up in the streets of Newark, facing city life's temptations, pitfalls, even jail. But one day these three young men made a pact. They promised each other they would all become doctors, and stick it out together through the long, difficult journey to attaining that dream. Sampson Davis, George Jenkins, and Rameck Hunt are not only friends to this day—they are all doctors. This is a story about joining forces and beating the odds. A story about changing your life, and the lives of those you love most... together.

health and wellness speakers: *Create Your Own Light* Travis Howze, 2020-05-25 From taking human life to being assigned to the body recovery team of nine brother firefighters, including one of his best friends, U.S. Marine, former Police Officer and Firefighter Travis Howze was plagued with extreme Post Traumatic Stress, Depression and Survivors Guilt from a lifetime of very traumatic exposures dating back to early childhood. Victorious in the fight for his very own life at just three months old, his struggle to survive was just the beginning. Years later, he would defeat the very silent and deadly killer, PTSD, but not before it caused massive carnage and collateral damage to his personal and professional life. From Class Clown to professional Stand-Up Comedian and Speaker, Travis' UNBELIEVABLY GRIPPING, uncensored autobiography is a MUST READ that takes you on an emotional roller coaster ride through the eyes of an emergency responder. Follow Travis through countless horrific events, from funny stories inside of the Firehouse, Patrol Car, and Marine Corps,

to Stand-Up Comedy Stages and the dark places first responders have to go to in their mind to survive. This true, hard-hitting story is about staying in the fight. It's about never quitting yourself, always getting up, doing the things you love, and how the power of perspective, attitude, ownership and acceptance can lead to LIFE CHANGING personal growth and a more PURPOSEFUL LIFE.

health and wellness speakers: Happy Not Perfect Poppy Jamie, 2021-06-08 A clear path to overcoming uncertainty, perfectionism, and fears of rejection so you can finally find peace with the past and create a happier, healthier future "Poppy's powerful approach will help you take control of your thoughts so they don't control you."—Lori Gottlieb, New York Times bestselling author of *Maybe You Should Talk to Someone* Even before the pandemic brought on a crushing wave of stress, anxiety, isolation, life change, and financial struggle, there was already a growing mental health crisis. Due to a culture that encourages perfection, hustle, and fictional life/work balance, many are burning out. Behind her Instagram-projected image of "happy wellness founder," Poppy Jamie was also struggling mightily with perfectionism and life purpose. She began working with mental health experts and researchers to find practical tools to overcome her inner critic and rewire her mind. She discovered that it is possible to create new neural pathways in your brain to break patterns of avoidance, challenge fears of not being good enough, and turn failure around by stretching the mind with new, healthier thought habits. The old wiring (and habits) that you've been stuck with can be written-over. You can actually upgrade your headspace to make curiosity, vulnerability, compassion, and emotional flexibility your default settings. In the emphatic and trusted voice of Bridget Jones meets neuroscience, Poppy shares her Flexy Thoughts approach for changing how you react to emotional triggers and think of yourself while improving your mental and physical health, relationships, and vision of the future. Our emotional resilience may continue to be tested, but the new perspectives and strategies in *Happy Not Perfect* will help us bring confidence, adaptability, and acceptance to whatever comes next.

health and wellness speakers: Mommy Burnout Dr. Sheryl G. Ziegler, 2018-02-20 The ultimate must-read handbook for the modern mother: a practical, and positive tool to help free women from the debilitating notion of being the perfect mom, filled with funny and all too relatable true-life stories and realistic suggestions to stop the burnout cycle, and protect our kids from the damage burnout can cause. Moms, do you feel tired? Overwhelmed? Have you continually put off the things you need to do for you? Do you feel like it's all worth it because your kids are happy? Are you over being a mother? If you answered yes to these questions, you're not alone. Parents today want to create the ideal childhood for their children. Women strive to be the picture-perfect Pinterest mother that looks amazing, hosts the best birthday parties in town, posts the most liked photos, and serves delicious, nutritious home-cooked meals in her neat, organized home after ferrying the kids to school and a host of extracurricular activities on time. This drive, while noble, can also be destructive, causing stress and anxiety that leads to mommy burnout. Psychologist and family counselor Dr. Sheryl Ziegler is well-versed in the stress that moms face, and the burden of guilt they carry because they often feel like they aren't doing enough for their kids' happiness. A mother of three herself, Dr. Z—as she's affectionately known by her many patients—recognizes and understands that modern moms are all too often plagued by exhaustion, failure, isolation, self-doubt, and a general lack of self-love, and their families are also feeling the effects, too. Over the last nineteen years working with families and children, Dr. Z has devised a prescriptive program for addressing mommy burnout—teaching moms that they can learn to re-energize themselves and still feel good about their families and their lives. In this warm and empathetic guide, she examines this modern epidemic among mothers who put their children's happiness above their own, and offers empowering, proven solutions for alleviating this condition, saving marriages and keeping kids happy in the process.

health and wellness speakers: Ending the Food Fight David Ludwig, 2008-03-18 In a world dominated by fast food and fake food, establishing healthy eating habits in children is one of the greatest concerns for parents -- and potentially one of the greatest challenges. Fortunately, the renowned physician Dr. David Ludwig developed a proven lifestyle plan that has benefited thousands

of families. Here he shares his nine-week program, offering the tools -- including tasty recipes, motivational tips, and activities -- that can help families prevent the kitchen table from becoming a battleground.

health and wellness speakers: Healing Spaces Esther M. Sternberg MD, 2010-09-30 “Esther Sternberg is a rare writer—a physician who healed herself...With her scientific expertise and crystal clear prose, she illuminates how intimately the brain and the immune system talk to each other, and how we can use place and space, sunlight and music, to reboot our brains and move from illness to health.”—Gail Sheehy, author of *Passages* Does the world make you sick? If the distractions and distortions around you, the jarring colors and sounds, could shake up the healing chemistry of your mind, might your surroundings also have the power to heal you? This is the question Esther Sternberg explores in *Healing Spaces*, a look at the marvelously rich nexus of mind and body, perception and place. Sternberg immerses us in the discoveries that have revealed a complicated working relationship between the senses, the emotions, and the immune system. First among these is the story of the researcher who, in the 1980s, found that hospital patients with a view of nature healed faster than those without. How could a pleasant view speed healing? The author pursues this question through a series of places and situations that explore the neurobiology of the senses. The book shows how a Disney theme park or a Frank Gehry concert hall, a labyrinth or a garden can trigger or reduce stress, induce anxiety or instill peace. If our senses can lead us to a “place of healing,” it is no surprise that our place in nature is of critical importance in Sternberg’s account. The health of the environment is closely linked to personal health. The discoveries this book describes point to possibilities for designing hospitals, communities, and neighborhoods that promote healing and health for all.

health and wellness speakers: Canyon Ranch 30 Days to a Better Brain Richard Carmona, 2014-05-06 “In this user-friendly guide, Dr. Richard Carmona gives specific, practical advice about optimizing brain function based on the best scientific evidence. I recommend it.” (Andrew Weil, author of *Healthy Aging* and *True Food*). Synthesizing the cognitive science behind memory, sleep, stress, and addiction, Canyon Ranch’s *30 Days to a Better Brain* is the definitive guide to caring for your brain during all stages of your life. Dr. Carmona and the experts at America’s leading wellness center guide you through the anatomy of the aging brain, how stress and toxins affect your mind, and the importance of sleep, laying out a thirty-day nutrition, exercise, and medical plan to help you achieve optimal brain health. You’ll also find answers to all your questions, including how your health is affecting your brain, what foods to eat and what to avoid, whether or not supplements are necessary, what important medical tests to ask your doctor about, and how best to challenge your brain. Also included are techniques for practicing mindfulness, meditation, and spiritual contemplation. The immense benefits of this thirty-day program include better memory, mood, and sleep; faster, sharper thinking; more energy; quicker reflexes; safer driving; improved attention span; and much more. Combining the best of traditional and alternative therapies, behavioral science, and exercise physiology, this indispensable guide from “one of the finest Surgeon Generals in our nation’s history” (New York Times bestselling author Dean Ornish) will help you maintain and enhance a strong, agile mind so that your body does not outlive your brain.

health and wellness speakers: The Survival Guide To Bullying: Written By A Teen (Revised Edition) Aija Mayrock, 2015-06-30 NEW, updated edition! Written by a teenager, this kid-friendly, inspiring book is filled with advice, tips, and strategies for how to deal with bullying. NEW, updated edition! Written by a teenager who was bullied throughout middle school and high school, this kid-friendly book offers a fresh and relatable perspective on bullying. Along the way, the author offers guidance as well as different strategies that helped her get through even the toughest of days. *The Survival Guide to Bullying* covers everything from cyber bullying to how to deal with fear and how to create the life you dream of having. From inspiring roams (rap poems), survival tips, personal stories, and quick quizzes, this book will light the way to a brighter future. This updated edition also features new, never-before-seen content including a chapter about how to talk to parents, an epilogue, and an exclusive Q&A with the author.

health and wellness speakers: *Dr. Vonda Wright's Guide to Thrive* Vonda Wright, 2014-05-01 Dr. Wright unfolds her Guide to Thrive by preparing readers for six remarkable months of body, brains, and bliss transformation, using her framework of the four practical steps. As a scientist and physician, Dr. Wright backs up each step with the latest science about the vital connections between the physical body, the mind, and emotional health and equips readers to move, eat, think, and feel in order to thrive. Additionally, readers are invited to join Dr. Wright's online fitness and nutrition club where they can enter their own health data and receive instant interactive information and encouragement.

health and wellness speakers: *100 Things* Sebastian Terry, 2011-11-30 What's on your bucket list? For one man the answer was just the beginning. Have you ever allowed yourself time to think about what's really important to you? Something you have always dreamed of doing? In a moment of reflection after the loss of a friend, Sebastian Terry's answer is a list of 100 things, the things he's always wanted to do. Sebastian embarks on an incredible adventure which sees him Get Shot in Colombia, Crash the Red Carpet at the Cannes Film Festival and Cycle Through Cuba - all in an effort to ensure he lives a life without regrets. Now more than halfway through his list, Sebastian has realised that his journey is part of something so much bigger . . . 100 Things is a humorous, action-packed story for anyone who's ever dreamed about living every day like it was their last.

health and wellness speakers: *Supernormal* Meg Jay, 2017-11-14 Clinical psychologist and author of *The Defining Decade*, Meg Jay takes us into the world of the supernormal: those who soar to unexpected heights after childhood adversity. Whether it is the loss of a parent to death or divorce; bullying; alcoholism or drug abuse in the home; mental illness in a parent or a sibling; neglect; emotional, physical or sexual abuse; having a parent in jail; or growing up alongside domestic violence, nearly 75% of us experience adversity by the age of 20. But these experiences are often kept secret, as are our courageous battles to overcome them. Drawing on nearly two decades of work with clients and students, Jay tells the tale of ordinary people made extraordinary by these all-too-common experiences, everyday superheroes who have made a life out of dodging bullets and leaping over obstacles, even as they hide in plain sight as doctors, artists, entrepreneurs, lawyers, parents, activists, teachers, students and readers. She gives a voice to the supernormals among us as they reveal not only How do they do it? but also How does it feel? These powerful stories, and those of public figures from Andre Agassi to Jay Z, will show supernormals they are not alone but are, in fact, in good company. Marvelously researched and compassionately written, this exceptional book narrates the continuing saga that is resilience as it challenges us to consider whether -- and how -- the good wins out in the end.

health and wellness speakers: *Live Long, Die Short* Roger Landry, 2014-01-14 Over a decade ago, a landmark ten-year study by the MacArthur Foundation shattered the stereotypes of aging as a process of slow, genetically determined decline. Researchers found that that 70 percent of physical aging, and about 50 percent of mental aging, is determined by lifestyle, the choices we make every day. That means that if we optimize our lifestyles, we can live longer and “die shorter”—compress the decline period into the very end of a fulfilling, active old age. Dr. Roger Landry and his colleagues have spent years bringing the MacArthur Study's findings to life with a program called Masterpiece Living. In *Live Long, Die Short*, Landry shares the incredible story of that program and lays out a path for anyone, at any point in life, who wants to achieve authentic health and empower themselves to age in a better way. Writing in a friendly, conversational tone, Dr. Landry encourages you to take a “Lifestyle Inventory” to assess where your health stands now and then leads you through his “Ten Tips,” for successful aging, each of which is backed by the latest research, real-life stories, and the insights Landry—a former Air Force surgeon and current preventive medicine physician—has gained in his years of experience. The result is a guide that will reshape your conception of what it means to grow old and equip you with the tools you need to lead a long, healthy, happy life.

health and wellness speakers: *A Dutiful Boy* Mohsin Zaidi, 2020-08-20 WINNER of the Polari First Book Prize 2021 WINNER of the LAMBDA 2021 Literary Award for Best Gay

Memoir/Biography *A Dutiful Boy* is Mohsin's personal journey from denial to acceptance: a revelatory memoir about the power of love, belonging, and living every part of your identity. Growing up in a devout Muslim household, it felt impossible for Mohsin to be gay. Unable to be open with his family, and with difficult conditions at school, he felt his opportunities closing around him. Despite the odds, Mohsin's perseverance led him to become the first person from his school to attend Oxford University, where new experiences and encounters helped him to discover who he truly wanted to be. Mohsin was confronted with the biggest decision he would ever make: to live the life that was expected of him or to live as his authentic self. A Guardian, GQ, and New Statesman Book of the Year 'Genuinely inspiring... Beautifully written, dignified and ultimately redemptive, this challenging story abounds with light and love' Attitude

health and wellness speakers: Your Healthiest Healthy Samantha Harris, 2018 This book will change your life! --Kris Jenner What a great read! . . . This is such an incredible resource for all-around healthy living. --Brooke Burke From celebrity TV host and cancer survivor Samantha Harris comes a comprehensive action plan for helping to prevent and fight cancer and living your best, healthiest life. Millions watched Samantha Harris share the story of her breast cancer diagnosis and double mastectomy at age 40. Now she offers an easy, eight-step plan for overcoming adversity, helping to fight cancer, and living a healthier, happier life. Your Healthiest Healthy combines her inspiring journey with research-backed advice, recipe and menu guides, workout charts, milestone logs, relationship activities, cheat sheets, checklists, and other must-have tools and resources.

health and wellness speakers: When Doctors Don't Listen Dr. Leana Wen, Leana S. Wen, 2013-01-15 Discusses how to avoid harmful medical mistakes, offering advice on such topics as working with a busy doctor, communicating the full story of an illness, evaluating test risks, and obtaining a working diagnosis.

health and wellness speakers: ROAR Stacy T. Sims, PhD, Selene Yeager, 2016-07-05 "Dr. Sims realizes that female athletes are different than male athletes and you can't set your race schedule around your monthly cycle. ROAR will help every athlete understand what is happening to her body and what the best nutritional strategy is to perform at her very best."—Evie Stevens, Olympian, professional road cyclist, and current women's UCI Hour record holder Women are not small men. Stop eating and training like one. Because most nutrition products and training plans are designed for men, it's no wonder that so many female athletes struggle to reach their full potential. ROAR is a comprehensive, physiology-based nutrition and training guide specifically designed for active women. This book teaches you everything you need to know to adapt your nutrition, hydration, and training to your unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition scientist Stacy T. Sims, PhD, shows you how to be your own biohacker to achieve optimum athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, ROAR contains personalized nutrition advice for all stages of training and recovery. Customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost power and endurance. Because women's physiology changes over time, entire chapters are devoted to staying strong and active through pregnancy and menopause. No matter what your sport is—running, cycling, field sports, triathlons—this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest, fittest, strongest shape of your life.

health and wellness speakers: Ask Dr. Nandi Partha Nandi, 2017-09-12 The star of the award-winning TV show, Ask Dr. Nandi, which reaches over eighty-five million US households, empowers readers to become their own health hero. Dr. Partha Nandi delivers passionate, empathetic, and trusted health advice daily to over eighty-five million US households, is seen in ninety countries worldwide, and his Facebook videos have been watched by more than 1.5 million viewers. In a sound bite culture, Ask Dr. Nandi disrupts the status quo by engaging viewers with in depth discussions on the health and wellness topics that matter to their lives. A health hero means

being an advocate for yourself and your family, in sickness and in health. It's about building the confidence to gain knowledge and use that knowledge to make tough decisions. In *Ask Dr. Nandi*, Dr. Nandi gives readers the necessary tools to become empowered and take ownership of his or her health choices. Whether addressing bullying or prostate cancer, community and purpose or fitness and nutrition, Dr. Nandi tackles the tough questions, stimulates conversations, creates a new awareness of options and resources, and guides readers to confidently make the choices that are best for them.

health and wellness speakers: *MENTal Health* Allan Kehler, 2020

health and wellness speakers: *Emotionally Naked* Anne Moss Rogers, Kimberly H. McManama O'Brien, 2021-08-24 Discover effective strategies to help prevent youth suicide In *Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk*, trainer, speaker, and suicide loss survivor Anne Moss Rogers, and clinical social worker and researcher, Kimberly O'Brien, PhD, LICSW, empower middle and high school educators with the knowledge and skills to leverage their relationships with students to reduce this threat to life. The purpose of this book is not to turn teachers into therapists but given the pervasive public health problem of suicide in our youth, it's a critical conversation that all educators need to feel comfortable having. Educators will learn evidence-based concepts of suicide prevention, plus lesser known innovative strategies and small culture shifts for the classroom to facilitate connection and healthy coping strategies, the foundation of suicide prevention. Included is commentary from teachers, school psychologists, experts in youth suicidology, leaders from mental health nonprofits, program directors, and students. In addition, readers will find practical tips, and sample scripts, with innovative activities that can be incorporated into teaching curricula. You'll learn about: The teacher's role in suicide prevention, intervention, postvention, collaboration The different and often cryptic ways students indicate suicidality What to do/say when a student tells you they are thinking of suicide Small shifts that can create a suicide-prevention classroom/school environment How to address a class of grieving students and the empty desk syndrome Link to a download of resources, worksheets, activities, scripts, quizzes, and more Who is it for: Middle/high school teachers and educators, school counselors, nurses, psychologists, coaches, and administrators, as well as parents who wish to better understand the complex subject of youth suicide.

health and wellness speakers: *13 Things Strong Kids Do* Amy Morin, 2021-04-06 The internationally bestselling author of *13 Things Mentally Strong People Don't Do*, Amy Morin, empowers tweens, teaching them how to think, feel, and act stronger than ever! Perfect for fans of *The Confidence Code for Girls*, this book tackles mental strength in a relatable way. Filled with fun graphics and illustrations throughout. "This book is a powerful gift to kids—it shows them how to help themselves!" —Claire Shipman, New York Times bestselling coauthor of *The Confidence Code for Girls* Do you worry that you don't fit in? Do you feel insecure sometimes? Do you wish your life looked as perfect as everyone else on social media? Do you have anxiety about things you can't control? Being a tween can be really hard, especially in today's world. You balance it all—homework, extracurricular activities, chores, friendship drama, and family, all while trying to give the impression that you know exactly what you're doing. Sometimes when we try to look perfect on the outside, we can feel rotten on the inside. Do you want to become a stronger person, inside and out? By picking up this book, you're already taking the first step toward becoming a better person where it counts—by training your brain. Prominent psychotherapist and social worker Amy Morin offers relatable scenarios, then shows tweens the ways they can develop healthy habits, build mental strength, and take action toward becoming their best selves. *13 Things Strong Kids Do* gives tweens the tools needed to overcome life's toughest challenges. This nonfiction middle grade book is an excellent choice for tween readers in grades 5 to 8, including those living through the stresses of homeschooling, returning to the classroom, and navigating a changed and stressful world.

health and wellness speakers: *Meditation with Intention* Anusha Wijeyakumar, 2021-01-08 Achieve More Focus, Balance, and Peace in Minutes With just five minutes of meditation a day, you can dial down that constant inner chatter and turn up the volume of your true positive essence. Join

meditation expert Anusha Wijeyakumar, MA, as she shares the transformative meditation program that she developed for California's world-famous Hoag Hospital. You will discover several five-minute meditations designed for heart opening, chakra balancing, trusting your inner truth, and more. Along with tips for powerful intention-setting and accessible pranayama-breathwork exercises, these meditations will help you create more joy and peace in your life while learning to control negative internal narratives. Raised in the philosophy of Sanatana Dharma (Hinduism) on her way to becoming a clinician and teacher, Anusha expertly helps you integrate ancient Eastern wisdom into your modern Western lifestyle for a deeper sense of purpose, self-acceptance, and self-love.

health and wellness speakers: *Unlocking Happiness at Work* Jennifer Moss, 2016-09-03
WINNER: Independent Press Awards 2018 - Business Motivation Category *Unlocking Happiness at Work* takes you on a journey into why and how leaders should become compassionate capitalists and ensure that their teams thrive. This book debunks the myth that happiness at work is a waste of time and demonstrates how it can deliver a more productive and engaged workforce, which can have real impact on the bottom line. Based on two decades of scientific research, real-time data, interviews and case studies, this book proves that happiness fuels higher performance, provides a greater sense of purpose and spreads passion throughout organizations. With insightful practical guidance throughout, *Unlocking Happiness at Work* is a lively and persuasive exploration of how to be happier and make others happier through the power of habits, emotional intelligence and an innovative approach to work/life flow. Case studies from lululemon, Zappos, Misfit Inc, The Body Shop and more are supported by tangible data and key performance indicators that show the significant benefits that come from adopting a happiness strategy. This is an essential resource for leaders who want to increase sustainability, attract new talent, improve their brand and boost profitability - in a way that is life-enhancing for them and their people.

health and wellness speakers: *Perfecting Connecting* Sarah Michel, 2004-05

health and wellness speakers: *Ask Me Why I Hurt* Randy Christensen, M.D., 2011-04-12 An unforgettable and inspiring memoir of an extraordinary doctor who is saving lives in a most unconventional way. *Ask Me Why I Hurt* is the touching and revealing first-person account of the remarkable work of Dr. Randy Christensen. Trained as a pediatrician, he works not in a typical hospital setting but, rather, in a 38-foot Winnebago that has been refitted as a doctor's office on wheels. His patients are the city's homeless adolescents and children. In the shadow of an affluent American city, Dr. Christensen has dedicated his life to caring for society's throwaway kids—the often-abused, unloved children who live on the streets without access to proper health care, all the while fending off constant threats from thugs, gangs, pimps, and other predators. With the Winnebago as his moveable medical center, Christensen and his team travel around the outskirts of Phoenix, attending to the children and teens who need him most. With tenderness and humor, Dr. Christensen chronicles everything from the struggles of the van's early beginnings, to the support system it became for the kids, and the ultimate recognition it has achieved over the years. Along with his immense professional challenges, he also describes the trials and joys he faces while raising a growing family with his wife Amy. By turns poignant, heartbreaking, and charming, Dr. Christensen's story is a gripping and rich memoir of his work and family, one of those rare books that stays with you long after you've turned the last page.

health and wellness speakers: *Your Body Beautiful* Jennifer Ashton M.D., Ob-Gyn, Christine Rojo, 2012-01-05 The popular medical correspondent challenges women to reinvent their health and wellness routines, and make midlife their most vibrant years yet. Demi Moore, Cameron Diaz, Courteney Cox, and the list goes on. The world is realizing that a woman's thirties and forties can be the most beautiful, energetic, and passionate time of her life. Today's women can maximize this stage- and lay the foundation for optimal health and well-being. Dr. Jennifer Ashton embodies this philosophy and wants to help you enjoy these often overlooked years and feel and look your absolute best. Dr. Ashton's passion, warmth, and wit have made her America's fastest-rising women's health expert and medical correspondent. Here, she outlines a powerful approach to health care that can help you unleash new energy, strength, and sexiness. Integrating the latest scientific research, she

has created a five-part plan, including: A simple eating plan, tailored to keep energy high and your weight healthy for your changing metabolism A high-powered fitness program to help you work out harder in less time Stress-reduction techniques and simple strategies for relaxation An effective, step-by-step sleep plan Prevention advice for reducing your risk of heart disease, cancer, and other potentially fatal ailments Authoritative yet written in a friendly, girlfriend-to-girlfriend voice, *Your Body Beautiful* and its transformative strategies will help you look and feel younger, stronger, and more vibrant than ever.

health and wellness speakers: High Level Wellness Donald B. Ardell, 1979

health and wellness speakers: Perseverance Through Severe Dysfunction Reggie D. Ford, 2021-03-24 In Reggie Ford's bold reassessment of the Black experience in America, he demonstrates that a new understanding of PTSD is required. PTSD, *Perseverance Through Severe Dysfunction*, as Ford defines it, underlines the darkness of mental health illnesses and behaviors that impact young Black men and have plagued Black Americans for generations. But his reassessment is not doom and gloom. Instead, Ford implores that we turn pain into peace. His uplifting message shows that by realizing, accepting, and treating mental health with grace, kindness, and appreciation of the backgrounds of those needing support, we can reduce the significant impact of PTSD and other mental conditions on not just Black, but all people. Ford uses his own traumatic experiences to inform his call to action. He takes his impoverished and scarred childhood and turns it into a life of promise and abundance. His memoir shines a light on the intergenerational impact of unaddressed mental health issues, showing how the power of a familial network can help or severely harm an individual's battle with mental health illnesses. He writes searingly of the overwhelming odds and systemic racism that must be overcome by Black Americans in order to reach the heights he has scaled. Ford's own heartbreaking story is yet an optimistic one, intended to show that mental health has a real and demonstrable effect on Black Americans, but that it can be overcome. PTSD places one man's experiences in the realm of the broad sociopolitical issues that affect so many Americans. Ford emphasizes that the trauma of society creates situations of mental health issues and behaviors that hold back so many. But he also believes there is room for hope, that his own experiences of overcoming so many hardships and difficulties offer a path for others to follow. Immense suffering, Ford believes, can lead to improbably success.

health and wellness speakers: Optimistic Aging Margit Cox Henderson, 2014-06-27 Aging doesn't have to come with aches, pains, and the loss of a healthy body. If a person wants to age well, he or she simply needs to build healthy habits now and become optimistic about the future.

health and wellness speakers: State of The Global Workplace Gallup, 2017-12-19 Only 15% of employees worldwide are engaged at work. This represents a major barrier to productivity for organizations everywhere - and suggests a staggering waste of human potential. Why is this engagement number so low? There are many reasons - but resistance to rapid change is a big one, Gallup's research and experience have discovered. In particular, organizations have been slow to adapt to breakneck changes produced by information technology, globalization of markets for products and labor, the rise of the gig economy, and younger workers' unique demands. Gallup's 2017 State of the Global Workplace offers analytics and advice for organizational leaders in countries and regions around the globe who are trying to manage amid this rapid change. Grounded in decades of Gallup research and consulting worldwide -- and millions of interviews -- the report advises that leaders improve productivity by becoming far more employee-centered; build strengths-based organizations to unleash workers' potential; and hire great managers to implement the positive change their organizations need not only to survive - but to thrive.

health and wellness speakers: Genius Foods Max Lugavere, Paul Grewal, M.D., 2018-03-20 New York Times Bestseller Discover the critical link between your brain and the food you eat and change the way your brain ages, in this cutting-edge, practical guide to eliminating brain fog, optimizing brain health, and achieving peak mental performance from media personality and leading voice in health Max Lugavere. After his mother was diagnosed with a mysterious form of dementia, Max Lugavere put his successful media career on hold to learn everything he could about brain

health and performance. For the better half of a decade, he consumed the most up-to-date scientific research, talked to dozens of leading scientists and clinicians around the world, and visited the country's best neurology departments—all in the hopes of understanding his mother's condition. Now, in *Genius Foods*, Lugavere presents a comprehensive guide to brain optimization. He uncovers the stunning link between our dietary and lifestyle choices and our brain functions, revealing how the foods you eat directly affect your ability to focus, learn, remember, create, analyze new ideas, and maintain a balanced mood. Weaving together pioneering research on dementia prevention, cognitive optimization, and nutritional psychiatry, Lugavere distills groundbreaking science into actionable lifestyle changes. He shares invaluable insights into how to improve your brain power, including the nutrients that can boost your memory and improve mental clarity (and where to find them); the foods and tactics that can energize and rejuvenate your brain, no matter your age; a brain-boosting fat-loss method so powerful it has been called "biochemical liposuction"; and the foods that can improve your happiness, both now and for the long term. With *Genius Foods*, Lugavere offers a cutting-edge yet practical road map to eliminating brain fog and optimizing the brain's health and performance today—and decades into the future.

health and wellness speakers: *Courage to Connect* Mark Ostach, 2020-07-02 Do You Need More Courage in Your Life? *Courage to Connect* is a book full of personal stories & helpful resources that are intended to improve your relationships and create more meaningful connections in your life. In This Book You Will... ? Discover areas of your life that require restoration ? Learn how to become more empathetic ? Recognize moments to be more vulnerable ? Be encouraged to share your story ? Improve your digital well-being ? Work on your mental & emotional health ? Find new ways to lead with courage By the end of this book, you'll be well on your way to building more meaningful connections both online and offline, leaving you filled with a newfound courage to connect.

health and wellness speakers: *Executive Loneliness* Nick Jonsson, 2021-03-30 Part of being an executive is leading companies to success. As such, when an executive is experiencing extreme and prolonged stress, anxiety, isolation, and depression-what I'm calling executive loneliness-they often do nothing to address it for fear of appearing unsuccessful. In turn, not addressing it exacerbates the negative and difficult feelings to the point where it becomes more and more difficult for the person to function. It takes a toll on their whole life, both personal and professional. The reason I know this is that I was an executive who was trapped in serious executive loneliness for several years. Once I managed to emerge, I made it my mission to draw attention to this typically hidden issue to help the many others who are suffering in silence. I wrote this book to bring to the forefront an honest discussion about: (1) the pressures of being an executive (2) the fact that executive loneliness is actually quite common, though typically hidden (3) the five primary ways an executive can emerge stronger and better from this difficult place Executive loneliness is an incredibly serious condition and, in some cases, fatal, as I explain in this book. If you suspect that you, yourself, or someone you know is suffering executive loneliness, please read this book to begin the journey of emerging back into the light.

health and wellness speakers: *Change Proof: Leveraging the Power of Uncertainty to Build Long-term Resilience* Adam Markel, 2022-02-22 Learn how to thrive on uncertainty instead of merely managing it—from the resiliency expert and author of *PIVOT* In his #1 bestselling guide to resilience, *Pivot*, business and personal development expert Adam Markel showed how building resilience can supercharge your life and career. Now, in *Change Proof*, he shows how you can move beyond managing change to actively embracing it—and actually using times of uncertainty, crisis and chaos to create opportunities and stimulate positive growth. Broken down into four parts, *Change Proof* explores the dynamics of change and provides a model of how to create the mindset that embraces it fully. Using case studies, current research and his years of experience as an expert in the integration of business and personal development, Markel uses real-life scenarios to illuminate the lessons in engaging chapters that include: The Myth of Balance The Resilience Bank Account Recovery vs. Burnout Even Michael Jordan Paused Get Out of Your Head A Little Failure Goes a Long Way Calm Is Contagious What Change-Proof Culture Can Do for You You'll learn how to

choose change before it chooses you, what it takes (and what it means) to become truly change proof, and how to leverage your relationship to change. You'll also find practical strategies in the change-proof model (pause, ask, choose). With a combination of mindset recalibration and specific, hands-on ways to make it work, Change Proof will help you take the art and science of resilience to the next level—and look forward to future and all the changes it will bring, with full confidence.

health and wellness speakers: Life DIY Pete Cohen, Sarah Tay, 2004 Life-strategist and sports consultant Pete Cohen shows you how to give your life a boost and keep it high with simple strategies that will continue the success of Habit Busting and Fear Busting. Do you sometimes feel your life is filled with shoulds and ought-tos and somewhere along the way you feel you've lost yourself? Life DIY guides you in examining whether the life you lead is really the life you want. It should help you observe yourself and make the changes you think are needed. uncover the real you. A life lived true to yourself is one that is fulfilling, enriching and exotic. Start your DIY today

health and wellness speakers: *Running with the Antelope* Melanie Carvell, 2014 A memoir of Melanie Carvell's journey from the agricultural village of Mott, North Dakota (population 732), to world duathlon and triathlon competitions, then a splendid career as a physical therapist, director of the Sanford Women's Health Center in Bismarck, North Dakota, and a widely sought-after motivational speaker. Melanie learned to run on the northern Great Plains where the winters are long and harsh and the wind tests the human spirit. She attributes her national and international success to her agrarian roots and the challenge of biking, running, and swimming in one of the most formidable landscapes of America. Her motivational philosophy is, If I can do these things, given the modesty of my upbringing and the harshness of the Dakota climate, so can you. Carvell encourages readers to begin a program of athletic training, weight loss, or general self-improvement. With loving anecdotes about Carvell's life as a top athlete and her work as a physical therapist, *Running with the Antelope* is part self-help book, part prairie memoir, and part song of love to North Dakota, which is undergoing a rapid transformation from its agrarian past to a carbon extraction industrial future.

health and wellness speakers: *The Resiliency Revolution* Jenny C. Evans, 2014-10-15 What if, despite the ever-increasing stress in your professional and personal lives, you were able to live resiliently? You eat healthy, sleep well, and have the time and energy to exercise. You perform well in a demanding work environment, are the best possible version of yourself for your loved ones, and are becoming healthier every day. Much of our physiological hardwiring still dates back to when we were cave people. The human body hasn't evolved to our twenty-first-century, stress-filled lifestyles and we're paying the price - we're dEvolving. The Resiliency rEvolution is your stress solution. Rather than letting stress diminish your life, you can become more resilient to it. Using your primitive hardwiring to your advantage, you can learn how to recover from stress more quickly and raise your threshold for it. Utilizing realistic and manageable tactics, you'll soon be on your way toward a more resilient life. It's time to join the rEvolution! Work with your body to realize your full potential and to perform at your absolute best-professionally and personally-in the face of stress.

health and wellness speakers: *Joanna Hall's Walkactive Programme* Joanna Hall, Lucy Atkins, 2016-05-31 TO HELP YOU GET STARTED, JOANNA HALL'S WALKACTIVE PROGRAMME NOW INCLUDES A FREE AUDIO COACHING SESSION TO DOWNLOAD Joanna Hall's Walkactive Programme has been scientifically verified to: enhance posture; promote weight loss; reduce joint stress and improve body shape (South Bank Sports Performance Laboratory) As an exercise physiologist, Joanna Hall knows without doubt that it is possible to get the body you long for without hassle, pain, guilt or cost. You don't need sophisticated, state-of-the-art exercise kit. You don't need a personal trainer or two hours a day of blood, sweat and tears in a gym. You have everything you need right here, right now - your body. You can use it in the simplest, most natural way imaginable to see an amazing transformation in your shape. All you have to do is walk - the Walkactive way! This inspiring and practical new book will teach you a more intelligent and active way to walk - a way that uses your body to its full capacity and in the process will change your shape and your fitness levels dramatically. Walkactive can help you drop inches from your waist, improve your fitness and

muscle tone, reduce stress and low mood, and keep the signs of ageing at bay. It will work, whatever your age, fitness, health, or stage of life. All you have to do is put one foot in front of the other. Packed with step-by-step advice and photographs to help you master the technique, motivational case studies and quotes, tips and strategies, plus specific plans to help you lose weight, improve your fitness and your health, Joanna Hall's Walkactive Programme is the book we've all been waiting for.

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