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Author and Inspirational Speaker

“It has been a JOY having you here. You have left us with many great tools to better help others (and myself) to have emotional wellness and maturity. Thank you! Thank you!” ANA SLOBODVIK – LOS ANGELES

As a psychologist I always believed that true well-being will result in JOY. But, following a 40-year quest, one day in 2004 I suddenly made a stunning discovery – an ancient blueprint for experiencing joy as valid today as it was 2000 years ago! With the publication of *Discover Joy*, I began to share this secret! My husband and I then wrote *Discover Joy in Your Marriage*, and I published a Kindle book entitled *Happy Being Me. Ten Keys to a Rich & Satisfying Life: Timeless Wisdom for Total Well-being* picks up where these publications ended. My newest work, *The Mental Health Message of Matthew: 28 Days with Jesus* is a daily devotional book that helps readers grow to understand the key principles of spiritual, emotional, and relational health, and then put these into practice. Each of the following presentations is designed to share these insights and provide the tools to help audience members make the most of every single day.

SECRETS OF WELL-BEING THAT CAN CHANGE YOUR LIFE – or How to Find Your JOY!

This signature talk is based on my new book, *Ten Keys to a Rich & Satisfying Life*. In it, I guide and encourage my audience to develop three of the most important choices they can make to enjoy their best possible life, the life they always dreamed of! I discuss how they can immediately move toward wholeness and total well-being – spiritual, intellectual, emotional, physical, and relational. And then I reveal that it’s possible for each of us to find our special, God-given purpose, leading to a life that is more exciting, authentic, and meaningful.

CALM & CONFIDENT: Self-management Tools to Enhance Your Life

This powerful and practical talk focuses on three specific tools for developing greater well-being at three levels: the intellectual, physical, and emotional. Participants will not only leave with a new understanding of what it takes to overcome the anxiety and depression that can sap their energy and steal their joy, but also be prepared with new skills for immediately putting these skills into practice.

DISCOVER YOUR DESTINY: How to View What You’re Meant to Do

This workshop provides participants with the inspiration to realize that, regardless of their past mistakes or perceived “flaws”, their lives matter and no one else on earth can accomplish their special, unique destiny! Not only do they learn the specific steps for identifying their God-given gifts and purpose, but most importantly they leave with the ability to continue on this personal journey of self-discovery!