

NEWSLETTER BLURB & SOCIAL MEDIA POSTS

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Newsletter Blurb:

Don't miss this! Next month, I'm speaking at the free online series called "**The Exhaustion Epidemic: Learn how to move through burnout and overwhelm to reclaim self-confidence and vivacious energy**" hosted by my friend and colleague, Heather Russell. Join me and 21+ bestselling authors, speakers, top researchers, coaches, healers and thought leaders weigh in on the topic. Save your seat here - **INSERT TRACKING LINK**

Facebook:

Have you struggled with feeling "stuck," alone, or constantly functioning in overwhelm and confusion because you are so tired?

Do you have a desire to re-discover your joy, energy, self-confidence and feel truly excited about life again?

If you answered YES to any of these questions, then I would invite you to join me on "The Exhaustion Epidemic" series hosted by Heather Russell.

Heather has hand-picked 21+ experts (including yours truly) to share how to fully reclaim your power and vitality in any circumstance.

Click here to save your seat now - **INSERT TRACKING LINK**

Twitter:

I'm speaking at the free online series "The Exhaustion Epidemic" hosted by Heather Russell. Click here to learn more and save your seat - **INSERT TRACKING LINK**

Don't miss my interview with Heather Russell for the "The Exhaustion Epidemic" online series. Click here to join the conversation - **INSERT TRACKING LINK**

Save the date - March 26th, 2020! The Exhaustion Epidemic online series hosted by Heather Russell officially kicks off. Learn from 21+ experts on how to fully step into your power and purpose after trauma - **INSERT TRACKING LINK**

Instagram:

Join me as I am interviewed by Heather Russell in her #exhaustionepidemicsummit video interview series where we'll discuss how to #healthyhabits and #realtransformation so you can quickly make positive changes in your life! **INSERT TRACKING LINK**

LinkedIn:

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Do you have a desire to re-discover your joy, energy, self-confidence and feel truly excited about life again?

If you answered YES to any of these questions, then I would love for you to join me on “The Exhaustion Epidemic” series hosted by Heather Russell. She hand-picked 21+ experts (including yours truly) to share how to fully reclaim your power and vitality after feeling like you are headed for a breakdown.

Click here to save your seat now - **INSERT TRACKING LINK**