

Inspiring  
Funny

Energetic  
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!”** Where do friends, family and co-workers run to, when we’re faced with life’s challenges? Illness, loss, rejections, divorce, trauma, end of life seem to frighten away would-be support systems, fearful they will say or do the wrong thing. Are you one of those runners? 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 others. With 27 years as an RN working in the healthcare system, becoming an author and sought-after speaker, Yvonne’s expertise will impact you.

### Yvonne speaks to:

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

### Topics include:

***I Just Showed Up!*** Learn how to show up for yourself and others, so you are empowered and resilient when grief arrives.

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

***Passion and Purpose:*** Vacating your comfort zone and ignoring logic, so you can create a life you love for your second act.

***Why not Powerful and Compassionate?*** Creating a culture where women in the workplace can and should be both.

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

*It would be in the best interest of your company to have Yvonne share her life-changing message with every member of your organization.*

**Sandy Cardy, CPA, CA, CFP**

*Yvonne can help business leaders to empower their companies and employees and create a culture of change.*

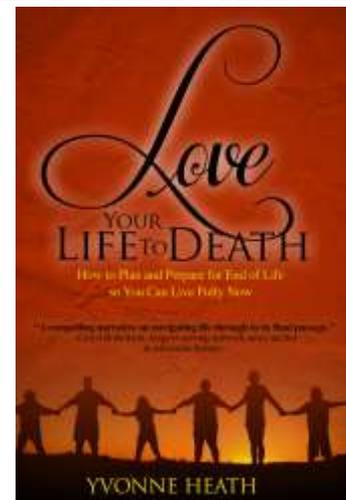
**Joe Lipsett, Retired Business Owner and Executive**

*Yvonne is changing the world for the better—in her own way.*

**Anne Larcade, President & CEO  
Sequel Hotels and Resorts**

*With sensitivity, humour, and enlightening examples, Yvonne challenges 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!**

info@loveyourlifetodeath.com | www.loveyourlifetodeath.com | 705-787-6534