



INGRID HERBERT, R.R. Pr.,

Expert Holistic Health Practitioner, Coach, and Speaker



“Helping Individuals Maintain Their Calm, Manage their Emotions, And Win in Any Situation.”

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Contact Ingrid today to help your people successfully manage themselves in any situation.

“Ingrid is a positive and motivated speaker. She has a wonderful and powerful energy that resonates with everyone in which she speaks.”

*Alexandra Jackson | Lifestyle and Programs Manager,
CHARTWELL Montgomery Village retirement residences*

INGRID'S BIO

Ingrid Herbert helps professionals take back control of their emotions in stressful situations and learn how to personally cope with their stress; she shows them **how to create breakthroughs in their career, personal, and or health challenges.**

Through her keynotes and workshops she gives them the tools to cope in any situation with her signature self-mastery system.

Drawing on 15 years of experience as a private holistic health practitioner she is known for credible and manageable solutions to help individuals with their everyday wellness and lifestyle needs.

Herbert is an engaging speaker and Holistic Health expert and has a unique gift for connecting with her audiences and ensure they walk away with actionable strategies for the next steps.

She is a Licensed Holistic Health Care Practitioner, Health & Wellness Coach, Shiatsu Therapist, Certified Reflexologist, Reiki Master, and Certified Yoga Instructor.

ATTENDEES WILL LEARN HOW TO

- Activate the relaxation response to make better decisions so they can successfully cope in any situation.
- Manage their emotions so they no longer feel overwhelmed in the moment and know how to consistently choose to take action on ideas, habits, and lifestyle practices to set themselves up for success.
- Identify their legitimate and perceived fears so they can intentionally shape their internal dialogue to produce better results.
- Press their Pause Button with:

One-minute Stress Management tools that they can use in their daily routines anywhere at anytime.

INGRID'S KEYNOTES

***Also Available as Workshops and Coaching Programs.**

Conversations with the Crisis Coach: Teaching you Skills to Manage Stress and Win in Any Situation.

- Stress management is not simply a matter of quick tips, it involves a change of perspective and behavior.
- Stress affects various aspects of ones' life, from health to work to home. This keynote focuses on helping individuals identify their stressors, and get clear with the best outcome that will bring happier life experiences; which in turn reduces their stress on a macro and micro level.
- The biggest work to be done is getting clear about the outcome, and “learning” how to make this work for them.
- This keynote will show attendees how to create new routines and plans to help them manage and achieve the committed outcomes they want and need. It's about learning how to personally cope with your stress.

Book Ingrid Today to Speak at Your Next Event.



WHY HIRE INGRID

- > Ingrid is easy to work with and extremely flexible. Her intention is to be a support to you the event manager, HR department, conference coordinator, etc., and make your event shine.
- > Ingrid has been her own health and stress Guinea pig, she's able to minimize the learning curve and get individuals to the health results that they desire faster.
- > Ingrid is a challenge crusher and has been doing this work for over 15 years, she has worked with hundreds of clients and spoken to thousands.

OTHER KEYNOTES:

- ♥ *Anti-Aging for the Brain: Discover the Secrets to a healthy aging mind.*
- ♥ *Detox: A healthy Habit at any Age; Teaching you to Feel good from the inside out.*
- ♥ *The Benefits of Meditation, Energy Health & Energy Medicine: Learn How to Experience Joy Now!*

INGRID'S AREAS OF EXPERTISE

- ✓ *Health and Wellness*
- ✓ *Practical Approaches to Stress and Health Management*
- ✓ *Holistic Approaches to Stress Management*
- ✓ *Enhanced Performance through Self Mastery*

PARTIAL CLIENT LIST

CHARTWELL Montgomery
Village Retirement Residences



Royal Bank



Toronto District
School Board



YWCA



Women's Health in
Women's Hands



Tropicana
Community Services



City of Toronto



Native Youth Association
(Vancouver, BC)

Angik School
(Paulatuk, North West Territories)

"The participants felt invigorated by the experience and thoroughly enjoyed themselves. We could not think of anything to improve the workshop, Ingrid is an excellent teacher!"

*Melanie Beckford, R.S.W. Counsellor,
Tropicana Community Services / Women Empowering Women Support Network*

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