



# Samantha T. Marie, CMP, CITP, CPT, CHLC

## Transforming Workplace Culture & Events Through Strategic Wellness Implementation

Samantha bridges the gap between personal wellbeing and professional success with a unique combination of 20+ years in the events industry and over a decade of wellness expertise. As a Certified Holistic Life Coach, Fitness Nutritionist, Personal Trainer, and licensed financial wellness advisor, she delivers practical, ROI-focused strategies that transform organizational cultures and individual lives.

### IDEAL SPEAKING ENGAGEMENTS:

Corporate Events & Conferences | Event & Hospitality Associations | Wellness Retreats & Summits

**WHAT AUDIENCES  
GAIN:**

IMMEDIATELY IMPLEMENTABLE STRATEGIES | EVIDENCE-BASED APPROACHES |  
PRACTICAL FRAMEWORKS FOR INTEGRATING WELLNESS | ACTIONABLE INSIGHTS

### SIGNATURE TOPICS

#### ✓ **Input, Output, & Environment: Perform at Your Highest Level**

Elevate your performance by optimizing what goes into your body and mind, how you channel your energy, and the spaces where you work and live.

#### ✓ **Event Design with Wellness in Mind:**

Transform attendee experiences and boost information retention through strategic wellness integration in event planning and execution.

#### ✓ **Implementing a Wellness Culture for ROI:**

Bridge the gap between wellness theory and practice with actionable frameworks that reduce burnout and increase team performance.

#### ✓ **Overcoming Fear & Doubt: Resilience for All:**

Develop mental and emotional tools to navigate uncertainty, make confident decisions, and lead through times of change.

### WHY BOOK SAMANTHA?

- Rare combination: Hospitality credentials (CMP, CITP, HMCC) meets comprehensive wellness expertise
- Practical, implementable strategies - not just theory - that audiences can use immediately
- Focus on measurable business outcomes: retention, productivity, and employee engagement
- Authentic transformation story that resonates with diverse audiences

### BOOK SAMANTHA FOR YOUR NEXT EVENT

Receive a complimentary 30-minute consultation to discuss your event needs



@SamTaliaWellness



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