



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 program Creating Sacred Space practices.

Drawing on 20 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

- > Holistic Coping Methods for Stress Management.
- > How to Boost their Well-being with Happiness Lifestyle practices.
- > A Holistic Approach to Change Management in the workspace and beyond.
- > To understand the negative effects of their Thoughts, Emotions, and Behaviours to positively solve problems in their day-to-day life.
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.*

What jumping off a Cliff taught me about Change Management and committing to Positive Habits.

- 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, stress & happiness Guinea pig, she's able to minimize the learning curve and get individuals to the results that they desire faster.
- > Ingrid is a challenge crusher and has been doing this work for over 20 years, she has worked with hundreds of clients and spoken to thousands.

OTHER KEYNOTES:

- ♥ *Interrupt your negative HABIT LOOPS to create effective change.*
- ♥ *Emotional Detox: Teaching you to Feel good from the inside out.*
- ♥ *The Benefits of Meditation: How to make Happiness Practical and create positive outcomes Now!*

INGRID'S AREAS OF EXPERTISE

- ✓ **Health and Wellness**
- ✓ *Practical Holistic Approaches to Well-being Management*
- ✓ **Holistic Approaches to Stress Management**
- ✓ **Enhanced Performance through Creating Sacred Space practices**

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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