

# KEYNOTES

## Rochelle Forrest Hankins

**BSN, MSM, AND L.E. (LIFE EXPERIENCE)**

Speaker  Transformational Coach  Author  Elite Experts TV Show Host

### **PAIN to POWER to PURPOSE to PROCLAMATION**

When people are in pain—emotionally, mentally, spiritually, or physically—they are operating from a space of low energy and scarcity. Enough is Enough. Your audience members will learn to:

- Embrace their pain, look for the lessons, and grow from their past experiences
- Tap into their power and take a stand for their life
- Find their passion and live their purpose



### **I CAN: The Secrets to Leveraging The Power of Words**

Rochelle delivers her secret formula (I.C.A.N.) for shifting from lack to abundance. This shift will not only allow you to create a positive mindset but also poise you to be ready to take action in any area of your life. Your audience members will:

- Receive the definition and implementation steps of the I.C.A.N. formula to expand awareness and create a legacy
- Understand how just a simple shift can make all the difference
- Discover the value and power of community

### **ROCHELLE: Speaker**

Rochelle Forrest Hankins is a passionate and spirited holistic health and transformation coach who has spent a lifetime dedicated to helping other people heal their lives. Rochelle lives her life with palpable joy and enthusiasm and her mission is to teach others this same life-perspective through self-discovery. Drawing on 37 years as a Registered Nurse and her own traumatic personal journey, Rochelle makes a personal connection that few practitioners can match.

In addition to being a talented speaker and transformational coach, Rochelle is an author, a children’s book publisher of Shelly Shines Books, TV Show Host, and the founder of the non-profit Tummies, Minds, and Spirits—a non-profit which encourages philanthropy and community involvement for young people here in the US as well as promoting global education for children. She is also now the producer of BugHub.TV—a new children’s TV channel.

Rochelle holds a BSN (Indiana University), an MSM (Indiana Wesleyan University), and an LE. (Life Experience). Since 1984, Rochelle has held a variety of consulting and leadership roles in the Indianapolis nursing community.

