

Transformational Speaker,
Author, and Life Coach

Leah Carey

wants you to know:



YOU ARE NOT ALONE

Creating Community Through Sharing Stories

(keynote, breakout sessions, half-day, full-day, multi-day workshop)

As seen & heard on:

- John Tesh's *Intelligence For Your Life* Network
- New Hampshire Public Television
- New Hampshire Public Radio
- ABC, CBS local affiliates
- *Inspire Me Today* luminary
- Head Drama / The Daily Buzz
- *Rural Roads*, journal of the National Rural Health Association
- *Journal of Cancer Education*, journal of the American and European Associations of Cancer Education
- Hay House Radio, SiriusXM, RadiMD and more!

Links for these and more can be found at www.LeahCarey.com/press-kit

Transformational speaker and author **LEAH CAREY** has been in the trenches. She spent over two decades struggling with **chronic depression**, believing that no matter how hard she worked or how much she accomplished, she was never good enough and no one could ever understand. She now shares with audiences the answer that saved her life: **sharing our stories** helps us to release **shame**, build **community**, and increase **effectiveness** and **resilience**. She speaks with corporate audiences, college classes, women's groups and other organizations to offer *suggestions for today* and *hope for tomorrow*. Leah facilitates workshops that help people to share their stories in a safe and supportive atmosphere, and she is the author of *Transforming Your Body Image* and *You Are Not Alone : Stories from the front lines of womanhood*.

What people are saying...

Attendees

"This is **important, necessary work**. More and more people should take part in this. It is healing, it challenges and creates linkages in the community and friendships to hold back the encroaching dark."

"Thanks for the opportunity to **release and let go** of some stuff and for helping me to see myself through others' eyes."

"Leah taught us to give ourselves permission to tackle something we were unsure of having the ability to do. We realized it is **important to be heard** and we all have stories to tell."

Experts

"There is nothing trivial here ... it can help you with any challenge of great significance."

—C. Everett Koop, MD, ScD
Former U.S. Surgeon General

"Leah Carey is a bright light in the field of self-empowerment."

—Iyanla Vanzant
Bestselling author and television star

"Leah is a very talented visionary."

—Jodi Picoult
Bestselling novelist

Leah will customize her presentation to the particular situations and challenges that your audience faces.

To book her for your next conference or event: YouAreNotAlone@LeahCarey.com (802) 441-3021

www.LeahCarey.com