



Cheyenne

Live the Life
You Want

Cheyenne R. Mease

Upbeat, straightforward, integrated and powerful...

Cheyenne utilizes a dynamic and engaging presentation style. She is the founder of Health Heart Soul, LLC and the author of *Clarity Wisdom Harmony: Simple and Concise Tools for Living*. She brings over 25 years experience speaking to large and small audiences in the healthcare, education, and corporate arenas on topics that focus on well-being, balance, self-preservation, and personal and work relationships to name a few.

Presented with inspiration and impact, Cheyenne's seminars offer you:

- active audience participation and engagement
- a variety of cognitive styles and sensory approaches
- practical ideas with a common sense approach
- easy, helpful, and fun new ways of thinking
- insight and understanding
- ways to increase your energy source and adapt to life's challenges
- the tools you need to succeed
- National Administrator Broad Approved CEU's

"Cheyenne inspires others to think outside the box! Her delivery is engaging with a sense of humor that encourages thoughtful reflection. A must-have experience!"

Dr. Aurora Hill
Bucks County
Community College

"Our healthcare team of more than 200 employees found Cheyenne's training seminar to be useful at home and at work. Her techniques to increase relaxation, focus, and well-being were truly invaluable."

Hope Clarke, Director of Operations
Maximum Care Group, Inc.
Lehigh Valley Visiting Nurses, Inc.

Here's a glimpse at some of her sought-after presentations.

Other topics are available upon request and she is pleased to design a personalized event just for your organization, association, or group.

- Tallahassee Society of Association Executives
Regional Conference: Adapt, Strengthen, Thrive
- IDEAS Women's Expo Conference
Hold Yourself Accountable and Grow You
- Bucks County Community College
Stress Management Utilizing Energy Medicine
- Gilda's Club Bucks County
Care for the Caregiver – Surviving the Holidays
- Maximum Care Group and Lehigh Valley Visiting Nurses, Inc.
Focused Relaxation & Meditation
- Central Pennsylvania Educational Resources Inc.
National Administrator Broad Approved CEU's Program
- Day for All Women, BCCC
Leave Work at Work and Home at Home
- Penn State University
Clarity Wisdom Harmony
- WFMZ 69 Television, Live at Sunrise with Eve Tanner
New Year's Resolutions
- Talk Radio with Dr. David Friedman
To Your Good Health: Lose the Stress

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