

CARLA HAMPSHIRE
Speaker | Wellness Coach | Author

The 4 C's to Living a Healthy, Happy, Fulfilling Life

Session description:

A healthy, happy, fulfilling life is something we all strive for, but it can often be challenged by busy schedules and taking care of everyone else. And yet, when we take care of ourselves amidst the busy, we no doubt **have more to give**.

In this thought-provoking session, Carla Hampshire shares her own journey of discovery as a 'Bodybuilding Grandma', and offers a compelling look at the action steps it takes to live a healthier, happier and more fulfilling life.

In this session, you will:

- Learn the importance of **clarity** on your journey toward more.
- Understand how to embrace **courage** in the face of challenge, and;
- Gain tips to stay **committed** to what you want.

You will leave this session having explored the strategies that will give you the **confidence** to take life to the next level. If you are wondering 'what's next?' for your health, happiness and fulfillment, this presentation will inspire you to be more.

****Available as a 45 to 60 min Keynote, as a 60 min Workshop/Lunch-and-Learn, or as a half day in-depth Workshop.***

Testimonials

Carla's presentation resonates with a person's deeply held desire to realize their untapped potential, whatever that may be.

Her personal journey will inspire you.

~ Becky L. Stoddard - Calgary, Canada

The presentation was well received by our group of women of all different ages. Carla encouraged audience participation and her handout helped me set personal goals that will lead me to a healthier, happier, more fulfilling life. I can now see that you can still reach your goals, regardless of age.

~ Ann D. - Calgary, Canada

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Healthy Body for Life