



Amy Gonzalez-Nelsen

BRAVERY ACTIVATOR - SOUL POLISHER - SPEAKER



Amy is a vibrant, heart-centered speaker whose magnetic energy makes her a must-see. More than a traditional "motivational speaker", Amy inspires by effortlessly blending the healing components of humor, movement, sound and energy into a tangible approach to overall life balance.

Her passion for community and global unity sparked the movement she calls "Bravery Brigade" - whose goal is to shine a light on the importance of mental wellness within an ever-changing and out-of-balance world.

Through a deep dive into the four pillars of life - mental, emotional, physical and spiritual - Amy and Bravery Brigade highlight and explore the fact that "being human" is itself the bravest act of all.

Please email Amy at amy@braverybrigade.com and visit braverybrigade.com to learn more about what makes Amy and Bravery Brigade different from all other speakers.

Much Joy and BRAVE ON!

4 P'S TO PEACE - FOR LIFE

PERSPECTIVE, PRACTICE, PATIENCE, PURPOSE

We could all use a process that allows us to find balance as we move through the day, the week, and our lives. The 4 Ps to Peace will assist you in creating and customizing your personal toolkit for a healthier and more balanced mind. Journey with me as I guide you through my "less is more" approach to that balance, focusing on the ultimate goal of peace.

BOOGIE ON BRAVE WOMAN

CONNECTING TO YOUR BODY SPEAK

Over time, we have muted our body's natural volume in favor of outside noise and distractions. From social media to the opinions of others, it's so easy to get so consumed by the outside world that we forget to think about what we want and what we feel. It's time to focus our energy inward once again. We will connect to your inner vibrations and body movement, which is your body's way of speaking up, in order to heal, find balance, and step into your bravery. This journey will leave your soul energized and ignited. You will learn to achieve a RAW (relax, alert, and waiting) state of yourself.

REPURPOSED RELATIONSHIPS

REDISCOVERING AND RETURNING TO THE SOURCE: YOU

Do you love the DIY network like I do? Have an interest in repurposing items? Why not use that energy to repurpose YOU! Journey with me as we discover how to stay committed to ourselves when life's journeys have thrown us a curve ball. We need to reuse, repurpose, and recycle our knowledge and strength. Instead of giving up and getting rid of, it's time to embrace, polish up, and step forward with courage and bravery.