



# Amy Nelsen

**Speaker ~ Soul Polisher ~ Bravery Activator**

## **4 P'S TO PEACE - IN THE WORKPLACE**

**PERSPECTIVE, PRACTICE, PATIENCE, PURPOSE**

We could all use a process that helps us find that balance to get us through the day, our week, our lives. The 4 P's to Peace will assist you in gaining the ability to create and customize your personal toolkit to a healthier more balanced mind. Journey with me as I guide you through my *less is more* approach to that balance. To that ultimate goal of Peace.

## **RIDING THE PENDULUM WAVE**

**DISCOVERING AND CREATING PERSONAL BODY MOVEMENT FOR YOUR HEALING.**

We all know the desk tool "newton's cradle" the back and forth movement of the balls on the string. However, in order to begin the momentum one must start the wave, to activate it. That conscious thought to start the movement begins with *you* - and your bravery. This same principal is what is needed to begin your discovery to clarity in your body and mind. We will explore how we have turned the body's natural volume to mute and how to turn it up again to your overall healing.

## **WHO'S YOUR CREW IN YOUR CUBICLE?**

**CREATING HEART-CENTERED COLLEAGUE CONNECTIONS**

Our work folk are people we hang with for almost the bulk of our days. But how often do you really connect with them? How many times do you offer a bit of your day to "connect with and in" a heart-centric way? Creating the best work place environment starts the minute you enter your office. The energy you bring with you sets the tone for the day. For what we put out we receive back. Let's start creating your colleague connection the Zen way.

Amy is a vibrant, heart-centered speaker whose magnetic energy makes her a must-see. She effortlessly blends the healing components of movement, sound, energy healing, and practical life skills to offer a tangible approach to finding the balance we all seek in the four pillars of our lives: the mental, the emotional, the physical, and the spiritual. Amy is trained in the holistic arts of reiki, intuitive healing, and NIA.

Her passion for community and global unity sparked the movement she calls the Bravery Brigade. Her goal is to use her skills to bring women together, allowing them to step into their authentic truth as they find balance. Amy believes all it takes is one act of bravery to be free of scripted realities, enabling you to find peace.

Amy draws from her more than 25 years of production and event management experience, and fuses this background with healing and life management tools as she acts as your compassionate guide.

She can customize a talk to fit virtually any group, but these are a few of her most popular offerings. Interested in booking her for your next event? Email [Amy@braverybrigade.com](mailto:Amy@braverybrigade.com) or call 704-560-4547.

To book Amy at your next event email  
[amy@braverybrigade.com](mailto:amy@braverybrigade.com)  
or  
call 704-560-4547