



Amy Nelsen

Speaker ~ Soul Polisher ~ Bravery Activator

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.

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 or call 704-560-4547.

To book Amy at your next event email
amy@braverybrigade.com
or
call 704-560-4547