



## Joy R. Berkheimer

### *From Life Transition to Personal Transformation*

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"Joy is a free spirit and projects an aura that is as confident as it is radiant"

Cynthia Lee-Bey, TPA Team



## Speaking Topics

### **Getting From Here to There: The Stepping Steps from Life Transition to Personal Transformation**

This talk explores the use of positive psychology with the building blocks of well-being, discussing how they are utilized to overcome life transition, such as loss of a relationship, loved one or idea of how life was *supposed* to be. Here we learn to embrace thriving beyond surviving.

### **Finally Fearless & Finding Joy: Empowering Women to Author Your Own Story**

This talk reviews some of the ways women get lost in fear, perfectionism and not feeling enough, as well as the ways in which to change the narrative to have feelings of love & belonging and life satisfaction we all deserve.

### **Change Your Mind, Change Your Relationships**

This talk speaks to how our view of self impacts the relationships we seek out & nurture, as well as how a shift here can bring more fulfilling connections in our lives.

## Bio

Within each new turn in life, there is an opportunity for self discovery, exploring questions about your actual needs and gaining strength to move forward in a healthy way. This journey does not have to be taken alone and Joy's goal is to inspire whom she serves to "get out of their own way" to be the best version of themselves now.

Joy is a relationship expert who has earned a dual Masters degree in both marriage and family therapy & mental health counseling, has been trained in positive psychology life coaching and is a licensed marriage family therapist in private practice.

## As seen in:



## Offerings and rates

### **1 hour workshop**

*Interactive & customized for clients needs, encompassing concepts from existing speaking topics*

\$ 300 - \$ 800

### **Keynote address**

*Relationship, transition and Positive Psychology topics available as noted above.*

\$ 150 - \$ 500