



*Whitney Prude*  
TRANSFORMATIONAL SPEAKER

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## Keynote Proposal

The Art of Achieving High-Level Wellness: Uncovering Your Authentic Journey to True and Lasting Change.

## Keynote Description

In this transformative presentation, Whitney takes listeners on a journey that is quite unexpected. She has no shame in ripping the covers off society's superficial approach to health and wellness while providing a roadmap to sincere, sustainable change. Listeners will be guided on a journey of discovering what ultimately keeps them from creating and living the lifestyle they so desperately desire.

## Learning Objectives and Take-Aways

- Discover a massive disconnect that exists in our society with our approach to health and wellness.
- Uncover the many challenges that keep us stuck in unhealthy habits.
- Learn the necessary steps for achieving a life of high-level wellness.
- Feel empowered to take back control of their own health and wellness and live the life they deserve to live.

## Testimonial

"Whitney Prude spoke to our American Business Women's Association on "The Art of Achieving High-Level Wellness" and she rocked the room. She literally had the audience hanging on her every word. She evoked emotion in some and gave really great advice to all of us in an entertaining way. I would highly recommend Whitney to speak for any professional groups or conferences."

~LuAnn Buechler  
PMC Events & Coach

To Book Whitney Contact Us At:  
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