

# Shirley Gaudon

Speaker | Coach | Mentor | Author

## about me

As a Speaker, Shirley is passionate about educating on how generational trauma keeps us from living our best life through low self-esteem, negative thinking and feelings of not being good enough.

As a certified Trauma and Life Coach, Shirley is dedicated to empowering individuals to become more self-aware and to take control of their lives. She believes that working through unresolved trauma paves the way for healing and growth.



## Speaking Topics

- # Lovingly UnLocked: Rooted in Self-Love, Breaking Barriers - healing generational trauma.
- # Brave, Bold and Beyond - fight cancer, choosing another future and moving into uncertainty.
- # Embracing Our Intuition - listening to intuition building self-love.

## Engagements:

Master of Ceremonies - Courage in Action, "Be Yourself" Conference 2019.

Opening Speaker for Courage in Action "Courageous Futures" Conference April, 2024.

Speaker Panel at Canadian Small Business Women "Amplify Your Voice" Conference May, 2024.

## what people say

"We had the pleasure of hearing Shirley Gaudon as our Opening Keynote Speaker at our Woman's conference in April 2024. She delivered an inspiring talk that our women could relate to. Her story of her life's challenging circumstances and changes she incorporated, demonstrated that even with many life struggles it is possible to keep moving forward and achieve your goals and experience success."

Cindy Stradling  
Executive Director  
Courage in Action Inc. /Toronto

"Shirley is a seasoned speaker who captures the hearts and minds of her audience with riveting stories and personal experiences. Shirley keeps one glued to listening and wanting more."

Dev  
Toastmasters International  
/Windsor

Shirley's ability to connect with her audience on an emotional level made her message impactful. She provided practical tools and strategies for fostering self-awareness and reclaiming personal power. Her speech was an invitation to embark on a journey of self-discovery and healing. The experience left me feeling inspired, equipped with new insights, and ready to take courageous steps toward a more empowered life.

Carla Williams  
Audience Participant  
/Toronto