



# Carleen Ross's Public Speaking Information

Carleen is an artist, educator, and coach, who is currently working towards her Master of Science in Applied Positive Psychology Coaching Psychology at the University of East London, she has a Bachelor of Science in Psychology, certificates in Health and Life Coaching and many other designations that support others with stress, loss, and grief. Carleen frequently conducts inspirational talks about how to make positive changes for yourself and the world on global podcasts, conferences, and summits. With everything that she does, she includes her artwork and her education to inspire others to increase their awareness, live with more purpose and discover hope.

Carleen's educational background is deeply rooted in the sciences and various holistic studies, and it is from this unique educational combination that she can offer you and your organization a unique take on well-being, increasing one's awareness, supporting others with loss, how to journey through your own loss experience and in the end become more empowered. To see a full list of her educational achievements please visit her website.

Some of the topics that she is passionate about are improving one's well-being, working with strengths, how to support Highly Sensitive Persons (HSPs) and others with loss. HSPs are more able to notice more of their subtle environmental cues, including the behavioural and emotional states of themselves and others and they make up 20% of the population. Being an HSP herself allows her to understand what it is like to feel situations more deeply, whether it is from loss/grief, feeling overwhelmed, or unhealthy relationships with others and oneself.

### **Common topics that Carleen speaks on:**

- How to become fully empowered within your business.
- How to show up authentically in your life.
- How to support others in times of loss.
- How to use the arts to improve your own well-being.
- How to move away from fear into your creative power.
- How to support students emotionally and mentally in tough times.
- How to build up one's resiliency – SPARKS Resiliency program.
- How families supporting PTSD, PTS, and Trauma survivors can build up their own resiliency.

### **Some of the organizations Carleen has spoken to (a full list is on her website):**

- ~ Sturgeon County Victim Service Unit
- ~ Reflexology Association of Canada
- ~ Kirkness School – Edmonton Public Schools
- ~ Sherwood Park & Edmonton Women's online summit
- ~ Gallery @501 – Strathcona County
- ~ CBC Radio Canada
- ~ Arts & Culture Council of Strathcona County conference

Contact Carleen to see how she can inspire your group to live more fully, increase their awareness, and become empowered in all that they do, whether it is through a talk or custom program.