

Speaker Sheet



DR. ANNETTE COLBY

YOUR GUIDE TO PERSONAL SUCCESS AND EMOTIONAL WELL-BEING

Dr. Annette Colby PhD, RD

- Emotional Well-Being
- Personal Growth
- Author
- Speaker

Annette takes you by the hand and teaches you how to fall in love with yourself, trust your body, experience greater joy, inner peace, AND create the life of your dreams.

A leader in her field for more than 20 years, she is on the cutting edge of personal growth. Annette has the unique ability to help people change their behavior and reach their full potential - mentally, physically, and spiritually. She is the acclaimed author of *Your Highest Potential: The New Psychology of Understanding and Working with Self*, and *Body Redesign: Goal Setting Secrets for a Thinner, Happier You*. She is also a contributing author to *101 Great Ways to Improve Your Life: Volume 2*.

Annette's Speaking Style:

Annette leads her audience with a passionate mix of very practical how-to information delivered with a high dose of inspiration and motivation. Her contagious energy and upbeat spirit will help your organization or event feel empowered to make positive changes.

To Book Annette for Your Event:

Annette Colby, PhD, RD
Call 972.985.8750
Annette@AnnetteColby.com
www.AnnetteColby.com

What Participants Are Saying

"Most requested seminar!"

—o0o—

"I have been given such a wonderful gift... your seminar. It was a great pleasure to hear someone who gives "REAL" suggestions. Not only about eating issues, but on every challenge we encounter in our lives."

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"Thank you so very much! Your seminar really touched me and made my day. Sometimes one can feel so all alone when they are overweight. I thank God for people like you who help uplift others when they are down. Keep up the good works that you are doing."

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"I sincerely appreciate the positive energy you put into designing and presenting such an informative seminar. You truly GET IT - THANK YOU! Salty and Sweet were my reactions to the information you presented; I cried (salty) and I felt 'peace' (swееееет)! Almost every word spoke about me. I now acknowledge that I have the ability to change my unhealthy behavior and step forward into a new self-empowered, self-loving life."

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Topics

- **Goal Achieving**
- **Self-Leadership**
- **Ending Emotional Eating**
- **Mind/Body/Spirit Balance**

A high-energy presenter, **Annette Colby, Ph.D. R.D.**, is an internationally known author, speaker, and leading authority on personal growth, emotional well-being, binge eating, eating addictions, stress, and depression. For over two decades, she has been committed to showing people how to create emotional joy, enjoy their bodies, and get excited about being alive. She owns a private practice in Dallas, Texas and is the author of *Your Highest Potential: The New Psychology of Understanding and Working with Self*, and *Body Redesign: Goal Setting Secrets for a Thinner, Happier You*.

Topic Descriptions

Annette's most popular and requested programs:

1. Stop Battling Food and Start Embracing Life!

Learning how to overcome old sabotage patterns, food addictions, weight issues, and fears can be a challenge. Discover how to help others—or yourself—call a truce with body and food, and then structure a brand new life. A new breakthrough in the psychology of weight loss that ends emotional eating, banishes binge eating, stops self-sabotage, and renews your relationship with food, body, and life itself...no willpower required!

Annette's audiences will discover:

- Why Can't I Stop Eating?
- Go Beyond The Shame – Why Dieting And Exercise Aren't Enough
- The Type of Self-Talk That Works
- Healing Emotional Hunger With Awareness And Acceptance
- Moving Beyond Limiting Belief Systems
- Tools That Create Powerful And Enduring Changes

Author of bestselling, **"Body Redesign: Goal Setting Secrets to a Thinner, Happier You,"** Dr. Annette Colby, RD wrote the book on getting over limiting beliefs and creating

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What Participants Are Saying

Thank you for your seminar, it brought me to a place of healing. For that I am forever grateful. I thank you for giving me the insight that was necessary. I was so touched that the shift in my thinking was incredible."

—o0o—

"Stunning seminar! You are clearly walking your talk, have a deep sense of sensitivity to others on the path, and you speak beautifully. What you say is right on target – our personal challenges take us on an incredible journey back to Self, and more peace, more joy, more life than we ever could have imagined. Your seminar is a gift to humanity."

—o0o—

"Your words spoke right to my heart. I'm on the same page and I welcome your insight on how to recover physically, spiritually, and emotionally. You touch all the bases. You are encouraging, moving, forward, and accepting of yourself. A true inspiration!"

—o0o—

"Thank you, thank you, thank you. I just want you to know how important your seminar was to me. I have been on a journey to reclaiming my health and spirit for 10 years now. The honesty and compassion in your words has me feeling new hope. Please keep teaching us how to heal and trust ourselves."

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a life beyond the food and body battle. For nearly twenty years, Annette has been guiding her personal clients to overcome sabotage patterns, food addictions, weight issues, and fear through their own self-loving, self-leadership!

2. The Divine Intervention of Self: How to Start Living Your Dreams Today

What's limiting you from having the success you want in work and life? Are you avoiding change instead of embracing it? Do you have an action plan for personal excellence and continuous improvement? Whatever it is that's holding you back – and the "IT" is different for everyone – Annette Colby is here to help you face your disempowering beliefs and embody new self-supporting beliefs to move forward into the life you so richly want and deserve.

With the same self-loving, self-empowering approach she has used to guide personal clients, Annette gives audiences new insightful perspectives on creating a path to personal success. Using eye-opening exercises and spirited examples, Annette offers up practical solutions to personal success and self-leadership.

Annette's audiences will learn a step-by-step system how to attract and create the life they want:

- How to identify your own path to success
- How to eliminate the fears that drain your power
- How to effortlessly embrace your strengths, anytime you need to
- Simple steps to immediately replace your limiting beliefs with empowering beliefs
- How successful people handle mistakes differently than others
- How to tap into a limitless source of energy and motivation

Author of bestselling, *"Your Highest Potential: The New Psychology of Understanding and Working with Self,"* Dr. Annette Colby, RD wrote the book on how to create a fulfilling and meaningful life by using the new psychology real-world strategies that you can use throughout the twists and turns of life. Get the inside scoop and practical tools for overcoming old destructive patterns and transforming your life. Form new positive and productive relationships with your life, body, self, and dreams and discover a brand new way to consciously create the change you want.

3. Put Yourself in Command of Your Own Destiny

It happens to all of us at some stage – you want to achieve change in your life, but just cannot motivate yourself to do it. You really want to reach success, get out of a rut, lose weight, or eat differently, but just do not have the drive or willingness to take action.

Goal setting is an area with which most everyone is somewhat familiar. Many people feel well versed in this area while others are quite uncomfortable with both the thought and the process. Ask adults today where they're going and how they plan to get there, and chances are they don't know.

As a result, many people will feel overwhelmed and out of control. They'll feel unfulfilled because they don't know how to set goals or how to achieve the goals they do manage to set. When you know how to set and achieve your goals, you're in charge of your life ... you determine the direction in which you'll sail. With goals, you put yourself in command of your own destiny.

In this seminar, realize a whole new way of setting goals that brings new balance to mind, body, and spirit.

- Create meaningful goals with compelling reasons why
- Climb above your problems and tap into creative solutions
- Learn how to stay motivated
- Track your goals and celebrate your achievements
- Bring meaning and fulfillment to your life today
- Make better and easier decisions
- Deal with failure

Become an exceptional leader of your own life and develop the self-confidence, vision, wisdom, and positive motivation necessary to make your dreams come true. It's time to start living the life

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