



Getting Your Talk Into Your Community


- ✓ **Approach local support groups**
 - Celiac
 - Fibromyalgia
 - Chronic Fatigue
 - Autoimmune
- ✓ **Approach groups you belong to**
 - Churches
 - PTA
 - Community Groups
- ✓ **Rent a space and host a 2-hour talk**
 - Library
 - Community Center
 - Church



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Build Your Practice

- ✓ Offer a great value-add talk that inspires
- ✓ Give a few tips for take-away
- ✓ “Seed” your program or coaching services
- ✓ Offer a strategy session or a program at the end



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