



Judy K. Herman LPC-MHSP, NCC

RELATIONSHIP WELLNESS ADVOCATE

Speaker, Author, Psychotherapist. Relational
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Featuring:

YOU'RE NOT THE TRIGGER:

*Stop Taking Responsibility for Your Partner's
Narcissistic Moods, Words, and Actions*

Through Keynotes, Workshops, or Breakouts; Audiences take away a powerful formula that empowers women to:

- Stop walking on eggshells
- Trust themselves to handle tough conversations
- Exchange overwhelm with authentic peace

"Expect light-hearted laughter and depth of connection with Judy's energy on stage and on the screen. She brings compassion along with attitudes and skills that will enable you to thrive."

~ Ken Davis, Story-teller, Comedian, Author

"Judy Herman makes an amazing speaker for your event because she has blessed us with her fountain of wisdom that flows freely."

~Shannon Ethridge, Best Selling Author

As seen on:

