

Courageous Self-Care Festival

2019 Speaker Schedule

Keynote:

9:00am-10:00am

Ditch the Overwhelm & Be Calm in the Chaos; Christina Marlett

Choose Your Own Adventure #1

11:00am-12:00pm

Mainstage: Women & Worth, Wealth & Wellness; Candace McKim

Breakout #1: The Doctor's Secrets to Health, Success and Fulfillment;
Dr Joanny Liu

Breakout #2: 3 Keys to Accelerate Your Results ;Stacey Berger

Choose Your Own Adventure #2

1:00pm-2:00pm

Mainstage: Moon Manifesting & Aligning to Your Desires ;
Mary June Tracy

Breakout #1: Embrace Your Natural and Necessary Grief;
Melody Chardon

Breakout #2: Rise of the Divine Feminine, Fall of the Patriarchy;
Sam Bell

Choose Your Own Adventure #3

2:15pm-3:15pm

Mainstage: The Way In – How to Stop Self-Loathing Once and For All;
Cari Frame

Breakout #1: "F" It All... I Am Living My Way; Lynn Proffitt

Breakout #2: Changing Our Stress Response; Scott Hutchison

Choose Your Own Adventure #4

3:30pm-4:30pm

Mainstage: Transformational Secrets for More Energy, Less Stress and
a Healthier You; Andrea Muir

Breakout #1: You Are the Puzzle ~ The Greatest Love Story Ever Told;
Brandi Taylor

Breakout #2: Weightloss & Wellness Roadmap: Effectively Transform
Your Body & Life While Enjoying the Journey; Charmaine Ironside