

# MANDY HARVEY

INSPIRATIONAL SPEAKER &  
GLOBAL LEADER IN TRAUMA HEALING



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Mandy Harvey specializes as a healing guide for highly sensitive, overachieving, chronically stressed leaders who are ready to transform their physical and emotional pain into purpose.

Partnering with the largest corporations in the world, Mandy trains and coaches leaders to help them clear past trauma from their body and respond to office triggers in a whole new way. She also shares a powerful process to replace chronic fatigue and stress with energy to show up more powerfully, personally and professionally, creating the impact they are meant to make.

"Mandy gave the best one hour learning sessions that I've experienced! Her approach and simple way of presenting the information interspersed with levity made for a delightful and transformational hour. Best of all it was filled with knowledge that we used immediately."

Weber Reid - Chief Products & Services Officer

## POPULAR SPEAKING TOPICS



**Bang Head Here** - identify the symptoms of stress and how to mindfully take back control so you can achieve more, stress less, and live more happily



**The Unspoken Root Cause:** learn about the connection between childhood trauma and chronic health issues, how it shows up in your professional life, and how to clear it to build resilience for all of life's challenges



**Achieving More through Emotional Mastery** - learn the process to embrace your emotional complexity so you can thrive on every level and be as successful on the inside as on the outside

BOOK MANDY FOR YOUR NEXT EVENT OR PODCAST EPISODE



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