

Vivian Tan

HEALTH PROMOTION SPEAKER & EDUCATOR

Evidence-based talks on health, meaning, and everyday well-being for faith-based nonprofits

ABOUT

Vivian Tan provides health promotion talks and workshops that address the real-life experience of health outside clinical settings. Her work focuses on how stress, responsibility, burnout, and loss of meaning shape health outcomes and how trusted, values-aligned communities can support sustainable well-being.

Her approach integrates public health principles with Biblical values such as stewardship, care, purpose, and rest, without providing therapy, medical advice, or religious instruction. The result is programming that is ethical, fundable, and deeply resonant with adult audiences.

Vivian brings experience in health education and adult learning with a focus on community-based health promotion

SIGNATURE TALKS

1. The Space Between Appointments

How people actually live with stress, illness, and responsibility outside the healthcare system and what truly helps

Most of health is lived not in exam rooms, but in daily life between appointments. This talk explores how people manage symptoms, fear, fatigue, and responsibility in the "in-between," and why health promotion in ordinary moments matters more than advice alone.

Key themes:

- Daily life outside the healthcare system
 - Why overwhelm, not noncompliance, drives outcomes
 - Small, stabilizing practices that support health
 - Meaning and trust as health resources
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2. Why Access Isn't Enough

Exploring the emotional, cognitive, and meaning-based barriers to health engagement

Expanding access to care is essential, but access alone does not guarantee use. This talk examines why people often don't engage with available health resources, even when they are accessible, affordable, and well-designed.

Key themes:

- Emotional barriers such as fear, shame, and burnout
- Cognitive overload and decision fatigue
- Loss of meaning and motivation
- Why trusted, values-aligned environments increase engagement

3. Burnout, Meaning, and the Body

Understanding exhaustion as a whole-person experience and how meaning, pacing, and attention influence health outcomes

Burnout is often treated as a workload problem, but many people experience it as a crisis of meaning, especially after periods of achievement or sustained responsibility. This talk reframes burnout as a whole-person signal and explores why *purpose*, not productivity, sustains long-term health.

Key themes:

- Why burnout is more than physical fatigue
 - The pattern of success without sustained meaning
 - How loss of purpose affects stress and health
 - Pacing, attention, and rest as wisdom, not weakness
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Formats

- **Keynotes:** 45–60 minutes
- **Interactive workshops:** 90 minutes
- **Short series:** 2–6 sessions
- **Staff or volunteer trainings**

Talks may be offered individually or combined as a **cohesive multi-session series**.

Audience

- Faith-based nonprofits and social service organizations
- Community and caregiver programs
- Volunteers, staff, and leaders under sustained responsibility
- Adult audiences navigating stress, illness, or burnout

All talks are educational in nature. Vivian Tan does not provide medical advice, therapy, pastoral counseling, or religious instruction.

Contact

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Standard nonprofit and grant-supported rates available.