

TURN ADVERSITY INTO ADVANTAGE FOR IMPROVED HEALTH, WELLNESS AND OPTIMUM OUTCOMES



Hillary Saffran

Available to speak to civic and service clubs, organizations, NPOs, professionals, entrepreneurial groups, businesses, etc.

Topics for live and virtual keynotes, workshops, seminars, podcasts, and webinars include:

Learn to Turn Your Adversity into Advantage, for Improved Health and Vitality

Transfer Your Skills to Create Your Next Career Adventure – Learn to Utilize Your Experience and Talents for New Income Avenues and Opportunities

From Challenge to Champion- Understand the Underlying Motivations to Empower Your Choices

NPOs- Develop Your Tight Team. Identify, Position and Connect for Optimal Outcomes

Laughing in the Rain, Self Care for the Storms of Life- a Woman's Humorous Guide to Living Light

Hillary Saffran is a woman who understands adversity and has faced many of her own trials and challenges. Having worked in social services for many years and in high stress, low paying jobs while raising three children on her own, Hillary had to discover ways to cope with the financial strain and stress related issues. Hillary Saffran became a birthday party clown, ventriloquist and author, turning her stress and life challenges into avenues that brought her tremendous relief, while simultaneously bringing joy to others. Now also a transformational coach and therapist, it is her desire to share what she's learned in her journey of life with others and to spread some hope and happiness along the way.

Hillary's transformational program, **Turn Adversity into Advantage**, is changing lives and offering others a new vantage point for life's obstacles. Her **From Challenge to Champion** tools are revolutionizing the way people address their roadblocks, shifting perspectives and altering the negative mindsets that often lead us down a self-destructive path.

Laughing in the Rain, her first book, uses these principles addressing stress management with humor. **Fill Your Glass With Gold When It's Half Full or Even Completely Shattered** is Hillary's upcoming book that offers readers a blueprint for turning negative situations into positive outcomes. Hillary is a sought-after, engaging, encouraging and inspirational speaker for your next event.

TESTIMONIALS:

"A riotous read! Emotional healing never felt so good."
Nan Potts, author, The Christmas Elk

"Hillary Saffran's book is a creative, relatable, fun-filled read that sparks many laugh aloud moments, combined with sagacious advice, and viable stress relief tips."
Lisa Brown-Gilbert



CONTACT
PH 907-707-7556
HILLARYSAFFRAN.COM
HILLARYSAFFRAN@GMAIL.COM

Need a Stress Management Specialist for your next employee/patient presentation? Using her expertise in social services and entertainment, Hillary's Stress Management Workshop will leave your audience laughing and feeling better about their lives.

Hillary has worked in the human services field as a Workforce Development Specialist in a large county job center. She assisted over 56,000 unemployed people during the darkest time of the recession with employment readiness and services. She also utilized her skills as an employment advocate, where she case managed public assistance clients that dealt with tragedy on a daily basis. She raised her three children while experiencing the challenges of being a single parent. It is her desire to share what she's learned in her journey of life with others and to spread some hope and happiness along the way.