



Shawn
Arrington

Keynote Speaker
Health Strategist
Human Performance Expert

Dr. Shawn Arrington is a keynote speaker, Doctor of Physical Therapy, health strategist, former healthcare executive and national educator with more than 28 years of experience helping people perform at their best.

Drawing from decades of clinical expertise, leadership experience and her own journey through profound personal and professional change, Dr. Shawn helps audiences understand what happens when life, work and change collide—and what it takes to keep moving forward without losing yourself in the process.

Known for blending science, storytelling, humor and practical strategies, Dr. Shawn leaves audiences with more than inspiration. She gives them tools they can use immediately.

SIGNATURE TALK:

THE LOOK UP LIVING® BLUEPRINT **ReConnect. ReBuild. Relignite.**

A Practical Framework for
Resilience, Energy & Performance
Through Change

- 28 Years Health & Human Performance
- 20 Years Executive Leadership
- National Educator & Speaker

AUDIENCE TAKE AWAYS

RECONNECT Increase awareness, presence, connection and perspective.

REBUILD

Strengthen resilience, protect energy and develop capacity for sustainable performance.

REIGNITE

Reconnect with purpose, engagement, and forward momentum.

IDEAL FOR:

Corporate Conferences • Leadership Events • Healthcare Organizations • Associations • Women's Leadership • Employee Engagement • Organizations Navigating Change

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