



Shawn
Weiss

LOOK UP LIVING
A 3-Step Blueprint to Rise During
Life's Toughest Challenges

A powerful, practical talk for organizations, communities, and leaders navigating stress, change, and burnout.

SIGNATURE
TALK

In this engaging and relatable presentation, audiences learn how to:

- ✓ Navigate burnout, overwhelm, and life transitions
- ✓ Rebuild health, confidence, and personal power
- ✓ Create clarity and direction during uncertain seasons
- ✓ Develop habits that support resilience and long-term wellbeing

Using her 3-Step Look Up Living Blueprint, Shawn guides audiences through practical steps to:

RECONNECT to what truly matters
REBUILD health and confidence
REIGNITE purpose and motivation

Dr. Shawn Weiss, PT, DPT, CDP, CADDCT, FPS is a dynamic speaker, Doctor of Physical Therapy, and Health Strategist with over 27 years of experience in the healthcare industry. As a 20 year Healthcare Executive, Business Owner, and current Founder of Rockstar Health, she empowers individuals to reclaim their energy, restore their health, and rise through life's toughest seasons using science-backed, root-cause solutions. Known for her inspiring keynote, "Look Up Living: The Blueprint For Change When Life Knocks You Down", Dr. Shawn blends clinical expertise with personal wisdom to help others live with clarity, strength, and purpose.

“Because at some point, life doesn’t go as planned and we ALL need a way forward.”

Perfect For

- Chambers of Commerce
- Professional Associations
- Leadership Groups
- Women's Organizations
- Healthcare Teams
- Corporate Wellness Events
- Community Groups
- Caregiver & Support Groups

Now booking a limited number of complimentary presentations through Summer 2026 as part of the Look Up Living™ Speaker Series launch.

Client Feedback

"Many thanks for the nine years that we've featured Dr. Shawn Weiss as a frequent guest on Answers for Elders. Shawn is definitely a favorite of our audience! Her content features profound expertise. Every day on our channels, she brings forward a valuable resource that will continue to be evergreen on our platform, inspiring our listeners to live a better quality of life."

Suzanne Newman



GET IN TOUCH

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Please scan to schedule a Booking Discovery Call!

