

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, 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, Shawn leaves audiences with more than inspiration. She gives them tools they can use immediately.

SIGNATURE TALK:

Rise Anyway.

THE LOOK UP LIVING® BLUEPRINT

ReConnect. ReBuild. ReIgnite.

A Practical Framework for Resilience, Energy & Performance Through Change

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

Ohio Department of Health · OALA · APTA American Physical Therapy Association · SUMMIT Professional Education · Ohio Department of Aging · Answers for Elders Radio Show · The Vitality Revolution

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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Schedule a Speaker Discovery Call.



GET IN TOUCH

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Look Up Living™
ROCKSTAR HEALTH

"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

Client Feedback

"Many thanks for the nine years that we've featured Dr. Shawn 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



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