

Meet the Speakers

Not only are you here to Mention Your Intentions, but also to find information and inspiration to help you fulfill those intentions! In various ways, each speaker helps those they encounter to be better beings.

Michelle Zellner is the founder of Better Beings, the creator of the YOU Revolution® and dean and lead professor at YOU Revolution YOUniversity. She is on a mission to help people be better human beings, physically, mentally and emotionally. Through corporate wellness workshops, private events, group retreats and individual coaching, Michelle has educated and empowered 1000s of people to embrace healthy lifestyle habits. She has chronicled her own journey in the 2019 released book, *the YOU Revolution; the Journey of a Better Being*, and followed that up with the 2021 release of *the PFF is Your BFF® Handbook; a Simple Guide to Fueling Your Busy Body*.

In 2014 Michelle discovered the power of establishing a vision to follow through on intentions and reach goals, and has been hosting vision boarding parties ever since. Connect with Michelle at [Better Beings](#).



Cara and Brandon Kelley are on a mission to infuse love and excitement back into this world! Cara is an Intuitive Life and Business Coach who empowers women to manifest their dream life by utilizing their intuition. Brandon is a Fitness and Life Coach who inspires people to look and feel their absolute best by addressing all areas of health - physical, mental and emotional.

Cara's experience living and teaching in multiple countries combined with Brandon's perspective after surviving a crazy motorcycle accident, will have you inspired to take on the world! Connect with Brandon and Cara [here](#).

Sasha Berscheid is a firecracker with boundless energy and passion. A full-time career woman, wife and mother of two, she is also the founder of the 501c3 nonprofit, Project Intentional. As one who has lived through the good, the bad and the ugly, Sasha inspires and ignites others to strive to become the best version of themselves. In a world of competition, she believes there is enough for all to be successful. Using her strengths and experiences, Sasha continues on her mission to help make this world a better place. [Find out more about Sasha and Project Intentional](#).





Vernon Davis is a former “soda drunk” who fully embraced his weakness for pizza and icing. After receiving a diagnosis of Type 2 Diabetes, he began his journey of healing naturally, through lifestyle modifications. During the challenges of the pandemic AND a new baby, Vernon lost 50 pounds and totally reversed his condition. He is a graduate of Grambling State University and obtained a Master’s Degree in Organizational Leadership from South University. Vernon embodies transformational leadership qualities, which coupled with his experience, led him to writing a book and launching a baby brand company with his wife. He is inspired to share his story to help others conquer obstacles. Follow and connect with Vernon on [FB](#), [Insta](#), and [his website](#).

Gary Stotler is an Executive Life Coach specializing in personal responsibility and self-discipline while building emotional strength through mindset conditioning. The process of empowerment is fueled with improved communication, increased confidence, and proper self-care. Gary provides individualized strategies to maximize strengths, overcome challenges, and discover opportunities through 1:1 coaching, workshops, and corporate/executive retreats. His latest book, *Success is Spelled ACTION!*, is available on Amazon.

Gary’s profession is built from his personal journey, overcoming obesity and addiction. Find out more about Gary [here](#).



While Taralyn Jensen has been using her skills and talents in the non-profit and corporate worlds, she made the big leap to entrepreneurship in 2021. Activate, her online coaching and consulting business, is designed to inspire women to get unstuck and unleash their joy, energy and purpose. Through a unique style of infusing strengths-based coaching with a whole person approach, Taralyn thrives on guiding others through transformation towards their most vibrant life.

Click [here](#) to subscribe to her weekly newsletter and find out more on [her website](#).

Rebecca Sheets is a second-generation financial advisor with Edward Jones with over 12 years of experience in the field. Through established processes and personalized strategies, Rebecca helps clients foster a healthy money mindset as they work together to achieve financial goals. Rebecca grew up in Muscatine, IA and has called Denver home since 2010. She is licensed in 15 states offering the opportunity to serve many around the country. [Find out more and schedule a complimentary consultation.](#)

