

# HEATHER M. BASSETT

- Workshop Facilitator - Transformational Speaker -  
- Mental Health Advocate -

## Cultivating Self-Awareness & Emotional Resilience through Talks and Workshops:

As a seasoned certified Cognitive Behavioral Therapist, I am well aware of the challenges that stem from holding onto unforgiveness, insecurities, and internal hurts from the past that often go unnoticed, yet play a crucial role in shaping workplace culture, relationship dynamics, and overall well being.

Through my company Walking in Peace; I provide custom tailored Talks and Workshops that assist audiences of groups of Women, Corporate Managers, Mental Health Facilities/Conferences and/or Christian Leaders to improve morale, communications, and pivot perspectives that cultivate Emotional Freedom & Inner Peace 🥰

### WORKSHOPS:

**INSIDE OUT: Understanding and Engaging** - Equips managers with self - awareness and communication strategies that enhances their empathy and perspective in order to boost employee morale, productivity, and connectivity, which creates a cohesive workplace culture.

**MASTER FORGIVENESS: Your Path to Peace and Emotional Freedom** - Equips men and women with important insights on the harmful effects of holding onto unforgiveness and how it contributes to the mental, emotional, physical, and social emotional state of mind...rippling into behaviors, relationships, and careers. 3 techniques are provided to implement, including my custom tailored “Residue Removal” process to help release hurt and embrace healing and walk into a life of Inner Peace and Freedom.

(2 day class - 60 minutes each).

### TALKS:

#### **Transforming Wounds to Wings: Finding Emotional Healing through God’s Love** -

Equips women with low self-worth, low self-esteem, and unforgiveness to push past the blockages that keep them from experiencing Jesus’s love into their hearts. Attendees will learn my innovative “Expansion Process” that offers a clear and compassionate path onto a life of emotional and spiritual growth. (Talk can be altered)

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