

# HEATHER M. BASSETT

- TRANSFORMATIONAL SPEAKER - AUTHOR

- MENTAL HEALTH ADVOCATE - WORKSHOP FACILITATOR

Heather works with Mental Health facilities, Corporate Leaders, and Women's Groups to cultivate Self-Awareness & Emotional Resilience in order to Live a Life with Inner Peace & Satisfaction!

## ABOUT HEATHER

“Powerhouse” and “Beacon of Hope,”

are two of the most common phrases Heather receives from audiences after delivering her presentations. Her strategy of conjoined transparency, enthusiasm, connectivity, and extensive life experiences, Mental Health Expertise, Communication and Behavioral Academia effortlessly establish audience rapport.

Heather provides proven techniques into her talks & workshops so attendees can address:

- > Unhelpful beliefs & > Unforgiveness > Embrace Acceptance
- > Successfully combat emotional “residue” from past hurts and insecurities
- > Enhance \*Communication \*Confidence \* Clarity & \* Courage

Heather holds her B.A. in Communications, certifications in Cognitive Behavioral Therapy & Hypnotherapy, a two-time author; I Love to Love & I Love to Live for Jesus, CEO of a Personal Development Co. Walking in Peace LLC., Creator of Confidence Speaks - (a program for adolescence), and vendor w/California Social Service Department.

Heather's story is a whirl wind of Trauma , Miracles, and Resilience.

Before the age of 12, Heather experienced emotional trauma from parental abandonment, sibling separation, years of being bullied, and the death of a guardian. Heather suppressed those emotions for decades which contributed to low self worth, co-dependency, depression, unhealthy behaviors, poverty, addiction, celibacy challenges, and decades of being a single parent. Through this time; she also witnessed many miracles, including God saving her life 3 times! One final hurtful event caused Heather to commit to years of healing programs and surrender to Jesus, so she could heal and live peacefully, in the future.

She now strives to help others do the same!

**BOOK NOW @**  
**HEATHER@WALKINGINPEACE.INFO**



### TALKS

**Transforming Wounds to Wings:  
Finding Emotional Freedom through God's Love**

**Faithful Single: Living Life Celibate  
with God's Help**

**Peaceful Perspective:  
3 steps closer to Inner Peace amid Emotional  
Turmoil.**

### WORKSHOPS

**Master Forgiveness:  
Your Path to Peace & Freedom**

**Discover the 3 Steps to Peaceful Parenting:  
Less Stress Less, Connect More!**

**Inside Out: Understanding &  
Engaging Your Team**