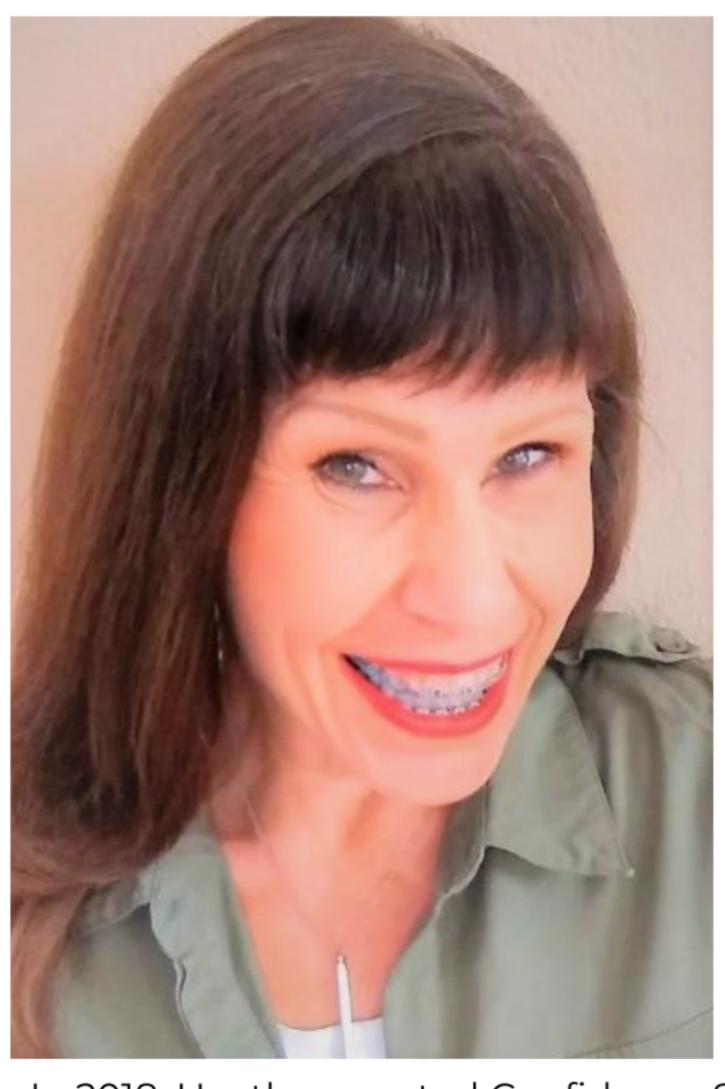# HEATHER M. BASSETT

SELF AWARENESS EXPERT

**Speaker/Coach/Author/Trainer
Creator & Founder of
Confidence Speaks
& Walking in Peace**

Heather M. Bassett is a Self-awareness expert, Speaker, Teacher, Coach, certified CBT/PCIT Therapist, Child counselor, & Creator and Founder of Confidence Speaks & Walking in Peace.

She holds her B.A. in Communications and is the C.E.O. of a personal development company called Walking in Peace. Her Company's result-based courses, programs, and workshops equipt Men, Women & Youth to develop & enhance positive Self-Awareness in order to confidently, live life Walking in Peace...through it all!

In 2018, Heather created Confidence Speaks, a program for groups of 8-16 yrs olds. In 2019, California Department of Social Services accepted this program as a continued education course for adult Counselors who work in group homes. Heather trains the counselors the program.

Heather implements her knowledge and expertise into other programs such as Peaceful Guidance (for adults) and Parenting 101 - Peaceful Impact (for parents), and enthusiastically impacts audiences as a Speaker, with her signature talk; Utilize the Greatness within. Heather is also an author of two books; I Love to Love & I Love to Live for Jesus, an advocate to end Human Trafficking, and a member of Toastmasters Int'l.

At a young age, Heather experienced childhood neglect, sibling separation, death, and 2 yrs of being bullied by her teacher & older classmates. She discovered later in life the repercussions from suppressing emotions and her emotional needs being unmet; causing decades of insecurities: low self-esteem, low self-worth, anxiety, & co-dependency. Since then, she's surrendered her life to Jesus, completed certifications in MANY mental health/emotional healing programs and discovered how to succeed in living life with clarity, inner peace, and feeling peacefully liberated...through it all!

She is now COMMITTED to teaching others to do the same!

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