

SNAPBACK FROM TRAUMA



Inspire Your
Audience To
Snapback And
Thrive.

with
Jacinth Dada

RN | BSN | Life Coach
Keynote Speaker
Nationally Acclaimed Author

Jacinth brings a powerful blend of expertise, inspiration, and personal experience to every engagement. Her compelling presentations are designed to transform audiences, making her the perfect choice for events focused on resilience, personal growth, and authentic living.

S I G N A T U R E M E S S A G E S

6 Strategies to Heal from Trauma to Triumph

Explore the essence of resilience, which I refer to as "The Snap Back from Trauma to Triumph," and its unparalleled power to shape our lives. Drawing from personal stories and real-world examples, I delve into how resilience enables us to overcome emotional trauma, adapt to change, and emerge stronger than before.

7 Areas of Self-care Vital to Living a Healthy Lifestyle

Delves into the transformative power of self-care, exploring seven vital areas essential for maintaining a balanced and healthy life: physical, emotional, mental, spiritual, social, professional self-care, and the prevention of burnout. We'll discuss the importance of exercise, nutrition, stress management, mental stimulation, spiritual practices, social connections, work-life balance, and strategies to prevent burnout.

The Power of Rest: Rebounding from Trauma to Triumph

In a world that often glorifies busyness, the restorative power of rest is frequently overlooked, especially for those recovering from trauma. Explore how rest helps repair the mind and body, reduce stress, and foster resilience.

Book a call to discuss your event at www.TheSnapBack.life