



# Chant Williams, DC

**Author** - A Resilient Heart  
**Founder** - Pause on Purpose System  
**Speaker** - Resilience & Mental Wellness  
**Community** - Resilient Hearts



## Turn Silent Struggling Into Resilience - Quietly

Stress is the Enemy Everyone Sees ; Time is the Weapon Nobody Uses.

### THERE IS SOMEONE IN YOUR AUDIENCE RIGHT NOW WHO IS NOT OKAY.

They arrived on time. They are engaged. They are performing their role with complete professionalism. And they have not told a single person in that building what they are actually carrying.

**That person is not the exception in your audience. They are the majority.** And this is the talk that finally sees them — without asking them to say a word.

#### THEY WILL LEAVE WITH

##### The 5-minute reset

One technique that stops a stress spiral before it takes over - usable the same afternoon

##### A personalized daily system

Think. Breathe. Nourish. - three decisions that compound into resilience that holds.

##### Science of quiet moments

Why the moments they've been rushing past are their most powerful ones

##### The capacity reframe

Why they're not burnt out from working too hard - and what to build instead

#### AVAILABLE FORMATS

Keynote	45-60 min
Workshop	75-90 min
Virtual Keynote	45 min

#### A RESILIENT HEART

*When Life Breaks Your Willpower*

Bulk pricing available - every attendee leaves with the system in their hands

#### INVESTMENT

Keynote	\$2500
Keynote & Workshop	\$4000
Virtual Keynote	\$1500
<i>Travel expenses covered by host</i>	

**Your audience is already struggling silently -  
give them the talk that finally sees them.**