

DONNA HENES

INSPIRATION FOR LIVING WITH PURPOSE, PASSION, AND POWER



AUTHOR, KEYNOTE SPEAKER, WORKSHOP LEADER

Donna Henes is a celebrated author, popular speaker, ceremonialist, and workshop leader whose humor, insight, and wisdom have inspired thousands of people worldwide to discover the joy of empowered living and the satisfaction of making positive change in the world. Her dynamic interactive presentations generate enthusiasm and spirited resolve in audiences both large and small.

Donna has published four books, a quarterly journal, and a CD, including her most recent award-winning book, **The Queen of My Self: Stepping into Sovereignty in Midlife**. She writes a weekly column for UPI Religion and Spirituality Forum and is on the faculty of The Omega Institute for Holistic Studies. She has been interviewed on numerous television and radio programs and featured in national publications.

PRESENTATIONS:

THE QUEEN OF MY SELF:

Finding Meaning, Moxie and Majesty in Midlife and Beyond

SEASONS, CYCLES AND CELEBRATIONS:

Creating Community Through Ritual

EMPOWERMENT FOR POSITIVE CHANGE:

Exercising Environmental Response-Ability

STAYING CENTERED IN STRESS, STORM, AND CHAOS:

Strategies for Well-Being Under Pressure

PSYCHIC SAFE-KEEPING

Dealing with Energy-Depleting People,
Places, & Predicaments

EXPERTISE AREAS:

WOMEN'S EMPOWERMENT
COMMUNITY BUILDING
PERSONAL GROWTH
SPIRITUAL DEVELOPMENT
AFFIRMATIVE AGING

WHAT PEOPLE ARE SAYING:

"Unofficial commissioner of public spirit of New York City."
The New Yorker Magazine

"Insightful, funny, a treasure...."
Olympia Dukakis

"See her if you get the opportunity. You will be changed,
and for the better."
S. T., Champlain, IL

"Your workshop was absolutely amazing! Words cannot
describe how your ritual has touched me. I just can't thank
you enough."
A. G., Irvine, CA

"The experience at your workshop touched a deep part in
my mind, body, and spirit. I left your workshop feeling em-
powered. I still feel that way."
M.E., Philadelphia, PA

DONNA HENES

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DONNA HENES PRESENTATIONS

KEYNOTES, CONFERENCE BREAK OUT SESSIONS, AND WORKSHOPS

THE QUEEN OF MY SELF: FINDING MEANING, MOXIE & MAJESTY IN MIDLIFE AND BEYOND

(1–6 hours)

Turn your midlife crisis into your crowning achievement! Learn techniques that will allow you to: Stop living according to other people's expectations of you and manifest your own truth. Dissolve the fears that prevent you from trusting your own inner wisdom. Clarify your intentions. Access the fullness of your mature presence, purpose, and passion.

SEASONS, CYCLES AND CELEBRATIONS: CREATING COMMUNITY THROUGH RITUAL

(1–3 hours)

While diversity makes our world an endlessly interesting place, it is the underlining similarities and wonderful convergences of cross-cultural ritual practice that point to the sameness of the human condition the world over. By celebrating the universal cycles of life, we acknowledge our common source.

PSYCHIC SAFE-KEEPING: DEALING WITH ENERGY-DEPLETING PEOPLE, PLACES, & PREDICAMENTS

(1–3 hours)

Do you feel as though your life blood is being drained by needy people, overtaxing schedules, stressful situations and your own negative thinking? Learn how to create empowering and protective actions and tools with which to safeguard yourself from the inside out and supercharge your sense of security, inner strength, and resolve.

EMPOWERMENT FOR POSITIVE CHANGE: EXERCISING ENVIRONMENTAL RESPONSE-ABILITY

(1–3 hours)

To be spiritual is to be response-able. To be able to encounter each situation, event, and emotion with openness and gratitude and to respond to the needs of others and our selves with care and consideration. Born of awareness and attention, response-ability means choosing to be fully conscious and present in life and to participate purposefully, consciously, and conscientiously in its unfoldment.

STAYING CENTERED IN STRESS, STORM, AND CHAOS:

STRATEGIES FOR WELLBEING UNDER PRESSURE

(1–3 hours)

When the going is good and the living is easy, it is only natural to go with the flow. But how can we survive those terrible, trying times when nothing seems to go right? Learn simple body/mind/spirit techniques to help you keep your perspective, sanity, clarity, equilibrium, good cheer, and positive attitude during the toughest of times.

Note: Donna is pleased to create a presentation geared to the special needs of your audience.

A FEW SELECTED VENUES:

KEYNOTE SPEAKER AT:

Womenspirit Conference, Chicago

The International Goddess Festival, Glastonbury, England

The American Museum of Natural History, New York City

Westchester Medical Center, Valhalla, NY

WORKSHOP LEADER AT:

Omega Institute of Holistic Studies, Rhinebeck, NY

Princeton University, Princeton, NJ

La Costa Resort & Spa, La Costa, CA

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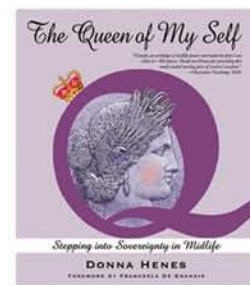
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The Queen of My Self: Stepping into Sovereignty in Midlife

Word of mouth has made **The Queen of My Self** a hit with women all over the country.

"Finally, an archetype of midlife power and maturity that I can relate to—The Queen. Thank you Donna for providing this much-needed missing piece of women's wisdom."

—Christiane Northrup, M.D.