



Bestselling Author
Founder of The SelfResourced, LLC
Creator of:
Nourish Your Nervous System™
SAFE goals™

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OTHER TOPICS

- Beyond Burnout: Decoding Your Body's Early Warning Signs
- Safety Before Expansion: Rebuilding Capacity after Freeze
- SAFE Goals™ A Nervous System Safe Method Of Setting Goals

AVAILABLE FOR

Podcasts, Workshops,
Keynotes. Retreats

LIZ POTTER

Integrative Somatic Practitioner, Bestselling Author

Liz Potter is a Nervous System Interpreter who teaches the radical principle: Safety first, then expansion. She decodes the hidden language of stress in the body, translating the complex science of survival physiology into a powerful frostbite metaphor. Her groundbreaking, and actionable framework on functional freeze proves “you can't gaslight your nervous system” and gives leaders, healers, and high- capacity professionals the biological roadmap to move from frozen and under pressure to thriving with freedom. She is the bestselling author of: *Nourish Your Nervous System: Glossary and Guide. Terms, Tools and Tips to Nourish Your Nervous System With Embodiment Practices*.

KEYNOTE

The Felt Experience of Functional Freeze “You can't gaslight your nervous system.”

This provocative keynote reveals that the high-preforming numbness of functional freeze is not a cognitive problem but a physiological state of protection. Moving beyond cognitive “fixes”, Liz provides a biological roadmap using the powerful “internal frostbite” metaphor, teaching that the only path from frozen to freedom is the radical principle: Safety first, then expansion

Audiences Leave With:

- A new lens to understand stress, pressure, and the numbness of survival physiology,
- Ability to identify their own early warning signs of functional freeze
- A simple, actionable framework to initiate a nervous system “thaw”
- Clarity on building boundaries (“insulation”) to create safety and sustainable performance

Podcast Questions

- Why do you think so many capable, intelligent people struggle to follow through on New Year's resolutions/goals, even when they truly want change?
- Do you think people are more afraid of failing their goals, or afraid of what success might demand of them once things start working?
- SAFE Goals™ are designed to prioritize sustainability, autonomy, and nervous system consent. What changes when a goal feels safe both to work toward and to receive?
- Could it be that some “failed” or abandoned resolutions were actually wise, protective decisions rather than self-sabotage?