

# SPEAKING TOPICS

## BEYOND HAPPINESS: How to Create Your Vitality Edge

### Attainment of Peace & Joy with High-Performance



So many conscious business leaders understand and often tap into activities that create higher performance but realize they are still feeling the exhaustion, low energy and not living the life they truly want.

This presentation goes beyond feeling “happy” and expands on the true source of creating a consistent flow of energy, focus, and high performance AND consistent peace & joy in the path you were truly meant for. This powerful conversation dives into how you can create your VITALITY EDGE with 3 powerful tools for all areas of your life no matter your current circumstances. The ability to create consistent high-performance and amplify impact lives in our ability to re-wire our brain from a trauma-state to one radiating a powerful experience of PEACE.

Jennifer is dynamic, powerful and authentic. The audience will walk away immediately feeling inspired.

*SUZY FAVOR HAMILTON*

3x Olympian | New York Times Best selling author



**JENNIFER WATSON**

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