

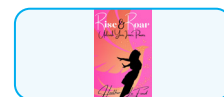


WEL AMERICA 2024

3rd MILLENNIUM WOMEN'S ENTREPRENEURSHIP, LEADERSHIP, MANAGEMENT POSITIVE PSYCHOLOGY, MENTAL HEALTH CONFERENCE

(EDITION 4)

MAY 03-04, 2024 | Holiday Inn Mississauga Toronto West,
Mississauga, ON, Canada



Have you ever been told that you're too sensitive, as if it was something bad? I certainly have.

But I've learned that our society has it all wrong - sensitivity is not a flaw, but a profound superpower. My journey has been about embracing my deeply caring nature as a vital strength. Sensitivity offers incredible gifts - intuition, empathy, creativity, and an appreciation for meaning. When we reframe it as an emotional guidance system instead of a weakness, we gain confidence in what it offers us. We can lead with courage, foster change, and unlock our purpose. Sensitive people are trailblazers. The world needs more open hearts right now, not less. What looks vulnerable on the outside emanates inner power. By honoring sensitivity's strength, we can fulfill our potential as compassionate leaders and change-makers. If you've felt your sensitivity was misunderstood, I want to help reclaim it as the gift it is. My speech shares an uplifting call to embrace what makes us feel deeply in a numb world. Your sensitivity connects you to what matters - let it be your compass to create the change you wish to see.

Biography

Heather LaFond is a Mindset & Empowerment Coach for high performing female entrepreneurs who are ready to unchain themselves from the shit that's been holding them back, so they can fully embody their most confident, sexy selves, soar to their limitless potential, & become the CEO of their own life! She realized her passion to guide women towards their highest version of themselves after overcoming an addiction to alcohol, challenges with emotional eating & losing 100 pounds. Heather has been guiding others on their health and fitness journey 13 years through various modalities such as personal training, nutrition coaching, energy healing & now the mindarts of Hypnotherapy, NLP & Time Line Therapy®. She feels that the problem with traditional forms of "getting healthy" is that they focus on the external appearance & never truly get to the root cause of the problem. Because of this too many women (and men) spend too much time running in place & never really getting anywhere when it comes to their wellness goals! Heather's inside-out approach to

YOUR SENSITIVITY IS YOUR SUPERPOWER

Heather LaFond

SOAR WELLNESS LLC, USA

Mindset & Empowerment Coach for Women,
Spiritual Bad-Ass & founder of Soar Wellness Studio!

wellness helps clients to experience true, lasting results on ALL levels