

# DOLORES TAMPOS OKSMAN

## SPEAKER /AUTHOR/ WELLNESS COACH



Dolly Tampos Oksman, MA, MAED-SPED is a Transformational Speaker, Certified Wellness Coach, Special Education Teacher, and Behavior Analyst. She is the Founder and Owner of Love. Heal. Believe. LLC. and the Author of Finding Your Lost Self: Your 30-Day Journey to Self-Love.

Dolly experienced chronic stress that affected her mental and emotional health. However, when she entered the convent to be a missionary nun, she learned the secrets of how to live a fulfilled life with inner peace and joy. Today, Dolly shares those secrets with those who need them.

Dolly is an expert in self-coaching, eliminating stress from the root, and transforming undesirable emotions to positive ones. She is passionate about helping you live your best self with less stress, inner peace, and joy.

### SPEAKING & WORKSHOP TOPICS

#### **Finding Your Lost Self: Your Journey from Stress to Inner Peace**

Uncover the five keys Dolly unveils within the convent that will empower you to lead a life marked by reduced stress and enhanced tranquility, even in challenging situations. With this talk, learn how to maintain your inner peace, unlock your fullest potential, increase self-confidence, and foster joy and happiness, productivity, effectiveness, and efficiency in your professional and personal endeavors.

#### **Living in the Power of Love: Three Pillars to a Joyful, Fulfilling, & Less Stressed Life**

Discover the three essential pillars to help you embrace and love your authentic self and become a magnet of joy and inner peace. This talk will help you overcome your inner critic, break free from your limiting beliefs, ascend to your highest potential, achieve your goals, harness your happiness, increase your self-confidence, and unlock the secrets of a more meaningful, stress-less existence.

### WORDS FROM PARTICIPANTS

*I just had a wonderful workshop on Live a Life from Stress to Peace. Learning the cause of my stress and how it affects our way of living and health woke me up. Dolly was great! You will love this workshop. It was very motivating and spiritual." -Mary Zaragoza, Retired School Secretary*

*The Information I learned from the Stress to Peace Workshop, which was conducted by Dolly Oksman is valuable. I realized the Importance of Self-awareness and finding the root cause of my triggers. I also learned some strategies that I need to do to have self-control and handle my emotional outburst. I recommend this workshop to anyone who is experiencing stress."*

*-Mildred Arrington, Financial Advisor*

**MORE DETAILED INFORMATION  
on Dolly, TOPICS, or to BOOK her for your next  
event, please get in touch with us at**

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