



Valerie R. Sheppard

Self-Mastery and Mindfulness Expert

The Heart of Living Vibrantly™

valerie@HeartofLivingVibrantly.com; 949-891-8491



<http://ow.ly/fIL630cruTC>



<http://ow.ly/FsHU30cruW5>



<http://ow.ly/Uku930crvb1>



<http://ow.ly/2J9r30cruXR>



Valerie is an accomplished speaker who has been inspiring and educating audiences for more than 4 decades. She delivers keynotes, leads break-out sessions, and facilitates multi-day workshops. She is a certified Sacred Contracts coach, and has been trained in adult learning principles, compassionate communication, improv comedy, spiritual direction and HeartMath.

Valerie has shared the "stage" with such notables as Les Brown, Andrew Harvey, Rickie Byars Beckwith, Dr. Sharon Stroud, Greg S. Reid, Kim Castle, Don Miguel Ruiz, Marsh Engle and actress Tina Lifford. Clients and their audiences praise Valerie for her stage presence and her ability to make complex concepts easy to understand, as well as how interactive, engaging and funny she is. Valerie has been a featured guest on numerous radio shows, podcasts and web-TV. Media coverage includes:

YAHOO! FINANCE



Valerie is such an amazing, engaging speaker! I love the way her personality and authenticity shine through the provocative information she shares! Her insightful analogies and humorous stories were not only memorable, she made them more relevant by giving us simple exercises we could apply to our own lives. If you are looking for an entertaining speaker / facilitator for your next event, I highly recommend Valerie Sheppard!~ Lisa Dadd, Author, Keynote Speaker, Business Strategist and Marketing Consultant

Valerie, you deeply moved and powerfully motivated our audience! The wisdom and tools you shared, and the light-heartedness and authenticity you bring to the stage make you truly inspiring. The audience made it clear how they felt about you with that standing ovation! I can't wait to welcome you back!~Teresa de Grosbois, Founder and President, Evolutionary Business Council

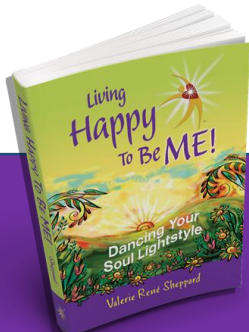
Valerie has facilitated experiences around happiness, success and fulfillment (using her #1 best-seller), high-performance leadership, mindfulness, self-mastery, and more.

Most Requested Topics:

- ~ Why Some Leaders Never Become Great
- ~ Leadership Lessons From Improv Comedy
- ~ This is How You Soar!

Past Clients include:

- ~ Evolutionary Business Council
- ~ Center for Investment and Wealth Management
- ~ Center for Educational Partnerships
- ~ Vistage Orange County
- ~ University of California, Irvine
- ~ Apriem Advisors, Women of Wisdom
- ~ Citibank Healthcare Solutions



#1 Best Seller
amazon.com

"Valerie Sheppard's 'Living Happy to Be ME!' is a wonderful collection of compelling stories, powerful lessons and fun and practical exercises that will help you get on the path to living a truly happy life. This is a book to not only read but fully immerse yourself in."~**Jack Canfield, Co-author of the "Chicken Soup for the Soul" series and Featured Teacher in "The Secret."**