

SPEAKING: CHANGE & TRANSITIONS

Making change stick.

With over two decades of experience in the healthcare field, Judy Burgio has become a thought leader on the future of the industry. She draws upon her traditional clinical practice – as an advisor and consulting pharmacist to hospitals – as well as her work as an Integrative Health Specialist promoting whole health and vitality.

Judy combines the *mind of a scientist*, the *skill of a seasoned coach*, and the *heart of a compassionate practitioner*. In her presentations, she focuses on the emerging new technologies and insights in healthcare as well as the latest techniques for ensuring sustainable change.

Judy presents fun, heartfelt, and content-packed programs. She will light up the boards with new insights, ideas, and practical techniques that can immediately be put into practice and make change that sticks. Utilizing her experience working closely with people making extraordinary personal and professional change, she shares compelling personal stories that her audiences can relate to.

Judy has a unique and bold vision for transforming the industry's future. She is equally comfortable speaking about the health needs of individuals and describing her bold new vision for the future of healthcare in our country.

Whether you are a leader, practitioner, or individual you will benefit from:

- *Revitalizing your energy, enthusiasm, focus, and performance*
- *Recognizing the role of choice, attitude, beliefs, and assumptions in transformative change*
- *Reclaiming your own resilience from the inside out*
- *Harnessing the power to master personal change for professional success*
- *Cultivating inquiry into the overarching questions of health, happiness, and success*

Current Change & Transitions Presentations:

Whole Health, of course, transcends the body. The following presentation topics are aimed primarily at healing your whole life.

– What's Stopping You?

Understanding the technology of change and bursting the common patterns that keep you stuck exactly where you are

– I Know What To Do... But I Don't Do It!

Unlocking your capacity for real and lasting change by mastering key practices

– Mastering the Change Process for Personal and Professional Success

Learn the secrets to transforming your health, relationships, and career... that you can implement immediately



For more information, call Judy at 415-381-2858 or email info@judyburgio.com

For more topics, and to learn about Judy's COACHING and WEBINAR programs, visit www.judyburgio.com



“Judy’s expertise, motivational style, and professionalism stand above other wellness speakers encountered.”

Susan Pon-Gee, Senior Manager, Health & Welfare and Global Wellness, Levi Strauss & Co.