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4th International Conference on

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Holistic Medicine and Nursing Care

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MOTIVATIONAL SPEECH | DAY 1

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Dream, direct, and drive: Connecting to your mind, body & soul

How connected do you feel to yourself? Do you take time to dream? Do you take action towards those dreams and explore the possibilities in front of you? If not, what is stopping you? Do you have the courage to do something different? Do you possess adequate skills or the proper tools to go after your dreams? In a world where there are high demands at home and in the workplace, how do you stay true to who you are as an individual, and as a professional without experiencing burnout or loss of identity? Jennifer Pressimone, a world-renowned public speaker and wellness practitioner, shares three key skills to help you find, manage and maintain mind-body balance. We will

examine successful behaviors and healthy tools to conquer challenges, helping you create a path that aligns your head, heart, and gut. Learn how to run towards yourself, and not from yourself. Gain insight on how to bridge your passion with your purpose and talents to drive your dreams in the direction of your desire. Get inspired and motivated to ignite your mind, nourish your heart and fuel your gut.

Biography

Jennifer Pressimone is a certified Clinical Phyto-aromatherapist, herbalist, product formulator, author, international educator, and public speaker. She is the founder of JennScents®, Inc. and the JennScents® Aromaversity® providing higher education, specialty aromatherapy products, custom blending and holistic health consulting services. JennScents, a NAHA & NCBTMB approved Level 1, 2 & 3 Professional & Clinical Aromatherapy Certification School, provides CEU's to Licensed Massage Therapists as well as Florida CNA's & Registered Dietitians. She is the formulator and creator of a full line of aromatherapy



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and health-based remedies and offers a variety of personal health (specializing in gut-brain health) and business development wellness consultations. She is a graduate of the University of Central Florida with a Bachelor Degree in Psychology and Diplomate in Spiritual PhytoEssencing. She is a Professional Member, Director and Vice President of the National Association of Holistic Aromatherapy (NAHA.org). She has been an advocate for integrative phyto-aromatherapy for over 18 years and is passionate about empowering others-physically, mentally and emotionally.

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