

# Presenter with a Purpose

MY PURPOSE:  
GUIDING OTHERS TO  
LIVE ALL THEIR GLORY  
with GRACE & EASE

*Cindy Saylor*



## Keynote Experience

A Call for Curiosity & Courage

*Curiosity killed the cat... Or did it!?*

Embark on a captivating journey of self-discovery and empowerment with our keynote speaker, Cindy Saylor. In this electrifying presentation, curiosity takes center stage as the ultimate superpower for personal and professional transformation. Drawing inspiration from Maya Angelou's wisdom, "You can't use up creativity. The more you use, the more you have," Cindy delves into the realm of questions and exploration, showing how curiosity can break down barriers, spark innovation, and pave the way for a life of boundless fulfillment.

With 30+ years working in the Hospitality Industry with a passion for serving others, Cindy is now utilizing her gift to serve intentionally, purposefully, and spiritually to guide others to achieve greatness professionally and personally to live fulfilled lives.

Overcoming Dyslexia, Cindy shares her stories struggling in life and school, to how she became a Practitioner of Neuro Linguistics, Neuroencoding Specialist, Brain Health Educator and Mental Fitness Mentor & Speaker.

Engaging Audiences

Accurate Active Actions

Thoughtful Takeways

"AHA" Moments

Living Your Life as *You* are Meant to Live!

Cindy Saylor, CVO Saylor's Journey  
& Women Living Gloriously

Let's discuss your needs for your next event.



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Cindy is passionately dedicating her life's work to championing WOMEN'S MENTAL WELLNESS. Through her mental fitness movement, she is breaking down the barriers surrounding mental health, aiming to eliminate the stigma associated with it. It's time for us all to engage in conversations about brain health and mental wellbeing. In today's world, where mental illness is prevalent, it's crucial for us to prioritize our mental fitness and brain health. MENTAL FITNESS & BRAIN HEALTH are paramount. Taking preventive and proactive measures is essential to uphold our Mental, Emotional, Psychological, Biological, and Social Wellness.

## WHAT THE AUDIENCE IS SAYING!

"When Cindy speaks, the audience listens. Something about her voice and delivery captivates listeners from start to finish. I would recommend Cindy for any speaking opportunity where the goal is for attendees to receive hope and become inspired."

~Marty Dickinson Author Lions Always Win

"Cindy takes you on a journey with her lectures and then brings you back home again feeling inspired, encouraged and motivated to live life to the fullest measure. "I've had the chance to tell Cindy how she has personally impacted my own life. My exact words were, "you always spur me on to be better". ~Russ McCall

**McCall**

"Cindy's storytelling abilities are uncanny. She brings an audience to attention within seconds and when everyone leaves, they are confident they can make changes because her message is practical. If you want your audience to make real changes then Cindy Saylor needs to be on your speed dial!"

~Anastasia Button: Author International Speaker

## PROGRAM

### Gloriously FIT Program

Well, listen up, because the Glorious FIT Program is about to be your game-changer, your life-igniter, and your one-way ticket to embracing your most fabulous, AUTHENTIC SELF!

RENEW your RELATIONSHIP  
with YOURSELF!

so you can  
Become Your  
OWN BEST FRIEND!

Life is not meant to be a struggle.  
Stop struggling and start succeeding  
in every area of your life.

*Cindy Saylor*



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WOMEN LIVING  
*Gloriously*

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