

Presenter with a Purpose

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

*Cindy Saylor*



## PURPOSEFUL PRESENTATION

#1 Requested Presentation  
Stomp Ranting & Start Living!  
Focusing on Mental Fitness

## SPEECH TITLES

You Got ANTs  
Living a Lie!  
The 7 Story Archetypes  
Life Preserver

## ENGAGING the AUDIENCE

Accurate Active Actions  
Mental Fitness "AHA" Moments  
Thoughtful Takeways

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.

Changing Lives One  
Thought at a Time!

Living Your Life as YOU are Meant to live!

Let's discuss your needs for the  
next event.



HELLO@SAYLORSJOURNEY.COM  
720-530-5059 www.saylorsjourney.com

Cindy is dedicating her life's work creating a mental fitness movement to STOMP Out the "Stigma" on mental health. Let us all start talking about the health of our brains and our mental wellbeing. With mental illness at an all-time high, NOW, is the time for us to take brain health and mental wellness seriously!

MENTAL FITNESS is the name of the game!

Preventive & proactive action is required to maintain Mental 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

"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

## Wellness & Mental Fitness Programs

Stomp Ranting & Start Living  
Create Your Compelling Life

Brain Thrive by 25

Brain Thrive Pre K - 1yr

BrainFit for Work and Life

## Master Programs

Live All Your Glory

Change Your Brain Change Your Life  
Program Your Life

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

*Cindy Saylor*



@saylorsjourney



HELLO@SAYLORSJOURNEY.COM

720-530-5059

www.saylorsjourney.com