

Help yourself to Happiness - **Live by Design not by Default!**

CHRISTINE L CONROY

WILL SHOW YOUR AUDIENCE HOW



Scientific research has shown that:

- > Happy people, are more successful in business and in marriage
- > Happy students learn better and faster
- > Happy workers perform better
- > Happy people are healthier and they live longer

In her charismatic but level headed way Christine L Conroy uses stories and humour to engage her audiences and give them the tools and techniques they need to take control of their lives. Even when faced with personal, professional and economic challenges you can still raise your happiness levels.

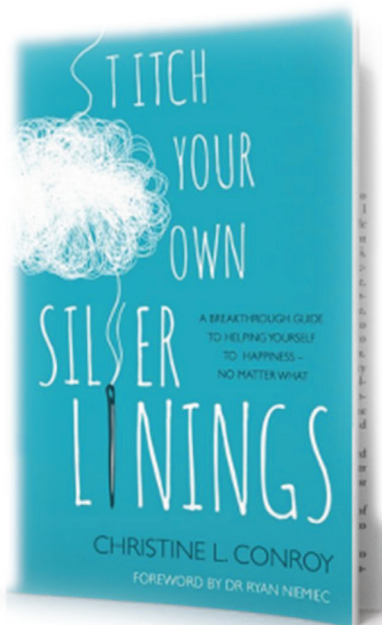
Christine will show your audiences that no matter what their current circumstances, they can get the 'Happiness Habit' and ***use it as a spring board to achieve success in any area of their lives.***

...thought provoking and delivered with passion but in such an easy relaxed manner with good humour... Mr Bill Taylor

...Plenty of laughter, and some excellent lessons learnt. Christine L Conroy was indeed well received... Mr Chris Holt

...The content was moving, humorous, entertaining and held our audience's full attention. She was happy to answer questions which she did with confidence... Mr Richard Messenger

www.ChristineLConroy.com



Her book, ***Stitch Your own Silver Linings*** is Christine L Conroy's ***breakthrough guide to helping yourself to happiness – no matter what.***

In it she tells the stories of three remarkable women; the Conroy women. Their unique stories are woven through the book to demonstrate the ***effectiveness of the Conroy Concept of Happiness and Well-being.***

The Conroy Concept is a collection of tips and practical exercises that will help you to ***build an unshakeable resilience and allow you to create your own happiness from the inside out.***

Christine draws on her experiences with the Conroy women, her time as a lecturer and personal development coach, combined with the science of Positive Psychology to ensure that your audiences will be inspired and motivated and leave with the necessary tools to take immediate action.

Most popular speech topics

customized to suit your needs

Stitch Your own Silver Linings

The Why, the What and the How of taking control of your life and creating your own version of happiness and success – no matter what.

Happy, Healthy, Dead

How to die young, happy and healthy – as late as possible

Picture yourself Happy

Looking at art to help create wellbeing



CONTACT HER TODAY!

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