



#### BOOKINGS/DONATE/DETAILS:

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I didn't realize I was getting the WAKE-UP CALL. But it was clear I had to pay attention.

Here is what it said:  
Do something with this.

As a stroke survivor in 2013 that left me severely limited on my left side, I use this blessing to inspire young adults (ages 13-21) to follow dreams, embrace their inner child and seek their highest self. I offer empathy, compassion, and introspective mindfulness tools to inspire self-love, pride and survival through the most challenging of times yet to come for anyone.

I would be honored to share my WAKE-UP CALL message that brought me to this new life.

Oddly, straight to who I was meant to be all along...



Donnette Heath

## Inspirational Mindfulness Seminar (Ages 13-21)

# The WAKE-UP CALL

### From birth, we ALL learn:

- When, where and what feelings are "appropriate"
- We'll talk about it "later"
- You'll be "okay"
- "Stay strong!"
- I need to "do more, have more, BE more"
- "Turn that frown upside down."
- "Stop your crying!"
- "I'm fine. No, really, I'm fine."

### The WAKE-UP CALL says:

- You are not broken or alone.
- Someone understands those voices in your head.
- Acceptance starts with yourself.
- Don't ignore, but return and reflect.
- Your highest-self is the foundation of self-love.
- **YOU. ARE. OKAY.**

### **INVESTMENT: \$250**

(25 Student minimum)

Average total time = 1 hour, 15-30 minutes

(Seminar length can be tailored)

- 30-45 minute speech with slide show
- 20-30 minute Inner Journey Exercise

### **INCLUDES:**

- Price reflects up to 25 students; \$10 each add'l
- All expenses up to 25 miles
- Add'l expenses if over 25 miles and/or more bookings in your local area and/or overnight stay
- Ask about our "MATCHING FUND"
- 7-day Cancellation Policy with contract

Students: El Molino HS, Santa Rosa & GWHS, San Francisco:

"This is better than any TED Talk I've ever seen!"

"It brought us all together without us having to talk, it was a completely emotional connection."

"As my peers and I are entering adulthood, and a poignant part of life, we really do need some guidance."

"I feel like a huge weight was lifted off my shoulders"