



As the red carpet is rolled out and your group arrives, imagine their excitement as they begin to experience what it is like to be a star in their own life...

Real world strategies to tackle the obstacles holding them back are brought to life with interactive activities, audience participation and a little dash of improvisation to add some humor and fun! Some participants may even jump on stage and join Cindy in a song and dance. Anything to loosen up the crowd so they are open to letting go of the limited thinking that is standing in their way of kissing those monsters goodbye and being the superstar they are meant to be!

## Who is Cindy Ashton?

- Born with a 20% chance of living, Cindy has conquered heart failure, 3 heart surgeries and 15 years of chronic pain. Now she is an expert in Overcoming Obstacles.
- Author of *Kiss Your Monsters Goodbye*
- Recipient of President Obama's "Call to Service" award for her outstanding contributions to her community.
- Has shared the stage with motivational powerhouses Barbara DeAngelis, Bob Proctor & Lisa Nichols.

## Booking & Website Info

888 443 5102

Website: [www.cindyashton.com](http://www.cindyashton.com)

## Watch Cindy Speak:

<http://www.youtube.com/watch?v=2qAkkWsw10s>

## Cindy's Partial Client List

Millionaire Entrepreneur Women's Conference

YMCA Business Centre

The Region of Peel

Orange Coast College

Toronto TV

Alterna Community Credit Union

Princess Margaret Hospital

## Keynote Speeches & Workshops

Let Cindy customize the perfect keynote speech or workshop for your group so everyone walks away with practical superstar strategies.

### 7 Critical Steps to Unleash the Superstar Within & Achieve Your Goals

*The Red Carpet Formula to Stay on Track and Reach the Top!*

### Superstar Strategies to Healthy Relationships

*Key Steps to Creating Harmony and Co-operation at Home, Work and in Love*

### Superstar Solutions to Conquering Stress

*Simple Strategies to Balancing Home, Work and Play*

### Superstar Strategies to Teamwork

*Building Communication & Co-operation through play, self awareness and listening skills*

## Red Carpet Praises...

"Cindy Ashton is passionate and ON FIRE. Her speaking skills are impeccable. Truly a must see!"

*~David Edward Stanley, Feature Filmmaker, Step Brother of Elvis, Writer, Speaker*

"As a featured guest at our Nursing Week Celebrations, Cindy Ashton wowed all who attended. I saw people laugh and dance who I have never seen laugh before. Her positive energy is contagious. You truly believe in the possibilities and promise life has to offer after you've spent time with Cindy."

*~Barb Godfrey, Princess Margaret Hospital*

## 7 Critical Steps to Unleash the Superstar Within & Achieve Your Goals

### *The Red Carpet Formula to Stay on Track and Reach the Top!*

How often do we find ourselves saying, "This is it! I am *finally* going to lose weight, get a promotion, reach my quota, pay off my debt?" we get a running start but quickly lose steam as we fall back into old patterns. We need a system to keep us on track!

- ✓ Learn the 7 critical steps to setting a goal and following through until it is achieved.
- ✓ Identify and eliminate the limited thinking that is standing in the way of conquering conceiving effective solutions.
- ✓ Build your confidence needed to create superstar strategies for positive change.
- ✓ Discover how to bounce back and get back on track when you hit a bump in the road.

## Superstar Strategies to Healthy Relationships:

### *Key Steps to Creating Harmony and Co-operation at Home, Work and in Love*

Much of our stress occurs because either we are in conflict with someone or perhaps we have difficulty speaking our minds in a positive way. Often, we take things personally or allow past hurts or assumptions to cloud our judgments, causing us even more strain and unhappiness.

- ✓ Discover the 3 behaviors that over 90% of people do that create further distension and conflict and how to resolve them.
- ✓ Learn to identify and release negativity and past hurts in order to communicate in a way that empowers all individuals involved to move forward with in harmony.
- ✓ Unleash the power of compassion and forgiveness as you learn to accept and honor the differences of others.
- ✓ Find the self worth and value needed to release the need to be 'right,' shifting from needing to be validated to choosing words and actions that are best for all involved.

## Superstar Solutions to Conquering Stress:

### *Simple Strategies to Balancing Home, Work and Play*

The pressures of working while taking care of your home life can take a toll on you. If the stress is not dealt with quickly and effectively, it becomes increasingly challenging for you to stay focused, motivated and positive.

- ✓ Understand the damaging implications of ongoing stress and how to create balance.
- ✓ Develop crucial body awareness so you can identify stressors *before* they overtake you, leaving you overwhelmed and exhausted.
- ✓ Balance being responsible to fulfill your work and home commitments while still honoring and taking care of yourself.
- ✓ Discover ways to be confident, joyful and in control regardless of what is happening.

## Superstar Strategies to Teamwork:

### *Building communication and co-operation through play, self awareness and listening skills*

Effective communication or lack thereof is the key determinate as to whether or not a team, family or any relationship will function smoothly and achieve their goals.

- ✓ Through the use of improvisation exercises, learn how to really listen, respond and function in a healthy way.
- ✓ Develop self awareness as to when you are subconsciously sabotaging yourself and therefore your team's efforts.
- ✓ Discover how to work together to create effective solutions to tough problems.
- ✓ Understand what role you tend to automatically play, how it affects your group and how to use your strengths to contribute to them positively.

## More about Cindy...

Graduating on the Dean's list and earning a scholarship, Cindy completed an Honors Bachelor's degree in Music and Kinesiology from *York University*. Her advanced studies focused on Stress Management, Health Psychology and Education. With 8 years of experience as an educational consultation, Cindy's expertise was in empowering teachers with tools to integrate all 8 learning styles into the content to ensure maximum success for each student. Her work has been published twice and is being used by thousands of educators. Cindy applies the same principles to achieving results in life by drawing from people's unique strengths and skill set. She has been featured in "Performance Magazine" alongside Donald Trump & Tony Robbins.

**WATCH CINDY SPEAK:** <http://www.youtube.com/watch?v=2qAkkWsw10s>