

I found Tracy to be engaging and thought provoking. She draws you in and makes you want to know more about the amazing work she does. As a client, I've found Tracy listens with her heart while guiding you to become your best you. Working with Tracy has been one of the best decisions I've made in the past 20 years!  
- Lisa Turner



Tracy has deep insight into the body-mind connection. She brings experience, knowledge and enthusiasm to her sessions and knows just how to get the best from everyone. Tracy is a consummate professional and I highly recommend her to any corporation that is looking to improve employee engagement and effectiveness or to any individual who is looking to take it up a notch and achieve prodigious results.

~ Jeff Shelmire

Tracy offers some really amazing women's empowerment workshops that dive into the physical, mental, emotional and spiritual evolution of women...really cool stuff.

~ Natalie Gentry

# EMBODIED CONFIDENCE

with Tracy Revell

Speaker, Workshop Facilitator and Confidence Activator

*inspiring, fresh, and fun, Tracy Revell is an incredible speaker that will leave your audience moved and empowered.*

## Women, Power and Work: Embodying Presence and Confidence in the Workplace

Empowering women to improve their communication skills by exponentializing their ability to focus, enabling them to deliver superior performance! In this presentation, Tracy teaches you to connect deeply to yourself and operate from this authentic place of power, using it to create desired outcomes in your life and business! She empowers you to make a bigger impact, be the inspired & inspirational face of your business & make a lot more money doing the work you love!

## Rockstar Confidence and Business

Sales is simply: you need something, I have what you need, I can help you, this is how. Confidence: gets them to talk to you. Presence: closes the sale. Nobody wants to buy from a pushy, inauthentic sales person who doesn't believe in themselves, isn't clear with their messaging or what they offer. When you have a self-confident, powerful presence, you easily attract your ideal clients as well as improve relationships everywhere in your business!

## Confidence in Change: Embrace the Power!

Address what is holding you back and move forward, creating the best course for you! Your posture, how present you are in your body and how you take care of you communicates to the world who you are and how you feel about yourself. It's impossible to really give to or build up others if you're not taking care of yourself. Captivating Presence is a reflection of this abundance within yourself.

## Embodied Confidence: Being Your Captivating, Vibrant, Sensual Self

"Love your Body. Rock your Life.", the mantra empowering women to become & BE more confident in their own skin and easily connect with others. Life is all about relationships: with yourself, with people in your life and with people in your business. The answer isn't just in your attitudes...OR your mindset...it's in your body. When you come from a confident, connected, authentic place...that's where the magic happens!

## Feminine Power and Sexuality in Movement

Everybody is at work all the time, disconnected from themselves-not to mention our basic humanness, and it's completely jolting to the nervous system. There is an ancient wisdom contained in Feminine Leadership, as well as the way these powerful women carry themselves and move through life. The Victorian mindset that we have created somewhere along the line is the root of a lot of our issues. Our bodies, minds and souls are created to BE sexual, denying this is denying our entire existence. Embodied Confidence is embracing the entirety of you, isn't it time?!

Book Tracy for your next event:  
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