



Suggested Topics: **Bio:**

- *Women, Power and Work: Embodying Presence and Confidence in the Workplace
- *Rockstar Confidence and Business
- *Confidence in Change: Embrace the Power!
- *Embodied Confidence: Being Your Captivating, Vibrant, Sensual Self
- *Feminine Power and Sexuality in Movement
- *Movement: Release and Healing for Your Soul

Tracy Revell is a Presence and Confidence Activator who uses the words "Guts and Grace" as the mantra for having a self-confident presence and powerful voice from the inside out: life, body, business. She empowers you to have a bigger impact and be the confident, strong and Feminine woman who gets things done for herself, her life and her business!

The answer isn't just in your attitudes...OR your mindset...it's in your body!

Tracy's work combines education and background in a wide range of subjects. During her many years working in physical, mental, emotional and spiritual wellness, she has guided people into deep subconscious reprogramming experiences as well as physical transformations.

Suggested Questions:

- *What is the Secret to Body Confidence & Owning Your Own Space?
- *How does one learn to Actively Listen to one's Body?
- *What ARE Feminine and Masculine Power?
- *What are the 5 Keys to BEing Your Captivating, Vibrant, Sensual Self?
- *What is THE Secret Sauce to Sales Conversations?
- *What is Power? What is Personal Power?

It has been a powerful journey of healing herself of many things, on many levels, that taught her the gift of helping others unlock their own innate, unique Personal Power for themselves. Her education and background give her a unique skill set that can help you identify the best course of action to get your life into an "Embodied Confidence" place.

This work is for every person ready to live a centered and powerful life. This work goes WAY beyond body language! Balancing your personal power with smart and intentional action, self-care with work commitment, intuition and direction, emotional and intellectual intelligence...your Masculine and Feminine personalities...that's how you create Captivating Presence and the Embodied Confidence to be more effective everywhere in your life.

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