



Workshop Topics

**Supporting Your
Heart-Led Leadership, Mindfulness, and Intuitive Connection**

[Intuitivebynature.com/speaking](https://intuitivebynature.com/speaking)



SPEAKING & WORKSHOPS

Fostering Mindfulness for Focus, Joy, and Wellbeing

Ideal Duration: 45 minutes to 1.5 hours

Join this interactive workshop to learn stress-reduction and mindfulness strategies specifically for those in heart-driven support roles such as non-profit, teaching and personal development. In this session, you'll learn, discuss, and apply research-driven approaches to regulate your nervous system and increase focus using no-cost strategies such as breathwork, peer connection, visualization techniques and forest bathing activities (weather & site pending).

Nurturing Your Heart-Led Leadership

Through Honing Your Intuitive Connection

Ideal Duration: 45 minutes to 1.5 hours

Foster a deeper connection with your intuition through this interactive, research-rooted, and visually engaging presentation. You'll discover an overview of what intuition is and how it can be used as a support tool in daily situations. Research shows a strong connection with our intuition can help increase our decision-making processes, foster empathic leadership, and reduce stress. Participants will engage in practices to tune into their intuition and learn practical ways to use their intuition in their leadership, work, and everyday life.

Stepping Into Your Authentic Layers

An Analytical Professor's Journey Connecting with Her Intuitive Abilities and Authentic Self

Ideal Duration: 30 minutes to 1 hour

Join this engaging personal story of connecting with your authentic truth. This vulnerable and interactive conversation seeks to inspire others to step more powerfully into their range of authentic layers, regardless of what those heart-led layers may be. Bonnie shares the ups and downs of her journey embracing her intuitive mediumship abilities. As someone who spent the previous decade in the analytical realms of corporate America and academia as a research professor, it was initially very difficult for her to listen to her ever-expanding highly sensitive empathic nature. This conversation is filled with vulnerability, overcoming self-limiting beliefs, fear of professional rejection, and ultimately learning to embrace self-trust.

About the Presenter:

Combining over a decade of research-driven experience, her highly sensitive intuitive empathic mediumship abilities, and collaborative approach, **Bonnie Casamassima** founded Intuitive By Nature to support people in connecting more fully with their innate intuitive abilities to nurture their joy-driven lives. Bridging the research and practical worlds, she guides clients on how to nurture their productivity, wellbeing, and intuition using research-driven storytelling, the healing science of nature (biophilia), and mindfulness.

She is a Researcher and former Professor holding a Bachelor of Science degree and a Master of Fine Arts degree within Design focusing on Biophilia & Environmental Psychology. She loves her partner and his two incredible kids, travel, hugs, and a good belly-laugh.

www.IntuitiveByNature.com/speaking



TESTIMONIALS

"Considering the mental health crisis in the United States, there needs to be more health promotion offerings like Bonnie Casamassima offers. Her Visualization workshop "Cultivating Calm Connection" gave our Healthy Start Participants some no-cost strategies for managing their daily stress. It was one of our most popular educational offerings."

- **Dr. Jennifer Barkin**, Mercer University Medical School Professor & Executive Director,
Center for Rural Health and Health Disparities

"Bonnie's combination of academic insights mixed with an understanding of how those insights can be used to help others be the best leaders they can be is invaluable. Her workshop for our annual Women's Summit not only provided women with the data and facts to support the importance intuition plays in our decision-making but also gave our community actionable steps they could take to begin using their heart-led intuition to be better leaders."

— **Catherine Porth**, Founder | Chief Advocate *Let Her Speak*

"Bonnie is a joy to work with and a wealth of knowledge. We brought Bonnie in to address our employees during an annual professional development event, and her sessions were met with rave reviews! As we were planning for the event, Bonnie was invested in understanding our staff and needs, and she communicated with warmth, transparency, and timeliness throughout the process. Working with Bonnie to set up the speaking engagements was smooth and easy, and the workshops themselves were informative and uplifting. Folks who attended her sessions left with encouragement and practical tips to tap into their authentic selves and to curate environments that enabled them to do their best work. Some of the feedback from our employees included:

~[This was] such a grounding session! Thank you!

~I really appreciate the perspective you bring Bonnie!

~Wish we could hear you speak every week, Bonnie! This has been a delight!"

— **Ben Smith**, Lead Trainer and Learning Project Manager

"We were honored to have Bonnie join us as our keynote speaker for the US Green Building Council Georgia Community Leadership Awards. Bonnie spoke with passion as she incorporated research-driven insights through a story-telling lens. She deliberately took the time to customize her speech to cultivate a positive impact with the diverse audience. Bonnie is not only an experienced technical expert but also an authentic and gifted orator."

— **Beth Ament**, Associate Director Mkt. Transformation + Development

"Bonnie's workshops were engaging, calming, and left each attendee with a new perspective and/or action item. Her professional and warm nature is inviting and made her an excellent speaker for our organization wide event. Bonnie's ability to read the room (even over Zoom) is incredible. She leads with her heart and her mind, combining both worlds of research and empathy. On top of the incredible facilitation and content, Bonnie was easy to work with, always answering questions quickly and thoroughly (and sometimes answering questions before I even knew I had them!). I would highly recommend Bonnie for any speaking engagement, she is a gift for all that get to encounter her. "

— **Anna Kern**, Senior Learning & Development Lead Trainer

Connect to discuss your speaking needs and rates: bonnie@intuitivebynature.com or 404.953.9037
IntuitiveByNature.com/speaking