

EMELIA SAM

Speaker Information Package



## BIO

For more than a decade, Dr. Emelia Sam has contributed to the realm of personal development and spirituality. Her work has been featured in the *Huffington Post* which is also the home of her *Wise Women* series. Previous contributors have included prominent figures such as Tara Brach, Byron Katie, and Sharon Salzberg.

In addition, many of her articles have been published on *MindBodyGreen* where she has been previously honored as one of their experts.

Emelia continues to build a tribe of soul-centered individuals. The result is her 360SOUL community and blog, which welcomes people of all backgrounds interested in exploring spirituality from a space of simplicity.

She is the author of several books including *I Haven't Found Myself, but I'm Still Looking* and currently produces the thought-provoking conversation series, PIQUE.

With her background as an Associate Professor of Oral & Maxillofacial Surgery, Dr. Sam is also focused on spreading the message of mindfulness within healthcare.

She believes that cultivating an understanding of self and its relationship to spirit is the key to the global and individual sense of peace we each crave.

[www.emeliasam.com](http://www.emeliasam.com)

## **PRESENTATIONS (30-45 mins)**

### **Finding Serenity in Authenticity**

Participants will explore the meaning of authenticity and how it enhances their life experience. They will be introduced to a three-part approach to cultivating an authentic life through identity, vision, and purpose.

### **Having it All 3.0**

What does it mean to “have it all” to contemporary women? Is it even possible? This talk covers a definitive five-part method for discovering what “all” means to each individual as they cultivate a sense of wholeness.

### **The Grown Woman’s Oath**

The relationships amongst women are explored through a nine-part oath. This talk busts through the myths about how women relate to each other and also highlights how these archaic tropes continue to shape our dynamics.

## **WORKSHOPS (1.5-2 hrs depending on participant no.)**

### **Finding Serenity in Authenticity**

Participants will come face to face with how authenticity, or lack thereof, has shaped their current life experience. They will run through exercises to discover how identity, vision, and purpose are central to strengthening their relationship with self.

### **Having it All 3.0**

Participants will go through the five-part approach to uncover their blocks in their personal journeys. Each individual will ultimately create a blueprint for their individual path to “all.”

NOTE: All presentations and workshops customizable

## **SPEAKING FEES**

**Keynote/Plenary Sessions – \$2500**

**Workshops (up to 3 hours/half day) – \$1500**

**Combined Keynote with workshop – \$3000**

**Panel Discussions – \$500-1000**

### **Travel and Accommodations**

**Expenses:** Unrestricted Coach Airfare from Washington, DC including ground transportation to and from airport. For distances under 300 miles, transportation via train is also acceptable.

**Hotel:** A confirmed reservation for at least two nights accommodation or as long as the length of event if it is preferred I am available to participants through the duration. Unlimited internet access is required.

**For more information please contact [info@emeliasam.com](mailto:info@emeliasam.com)**