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## Introduction

Our next speaker believes that there's more to life than getting through it, that our daily grind doesn't have to be a grind at all, and can actually be a vehicle for authentic self-expression and personal fulfillment.

She writes a practical and inspirational award-winning daily blog, has been featured on multiple live radio talk shows, is the founder of Conscious Living Online Community, holds two patents, has two internationally published books: *Daily Enlightenment: 365 Days of Spiritual Reflection*, and *The Art of Good Habits: Health, Love, Presence, and Prosperity*, and is well-respected for having been a top trainer in the fitness industry for over seventeen years.

She speaks from the heart, leads by example, and brings enthusiasm and new possibility to the experience of life at work.

Please welcome Nathalie W. Herrman!