

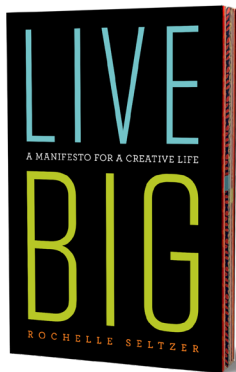
## Embrace Your Bold

# ROCHELLE SELTZER

## Creative Core Coach and Author of Live Big: A Manifesto for a Creative Life

Acclaimed Creative Core Coach and Author Rochelle Seltzer is on a mission to help you live big: with creativity, love, passion and authenticity.

Living big is a mindset. When we Live Big, we create an exciting and fulfilling life. We live boldly. We live with love as the driver. We become aligned with our true purpose. We live without fear and with a sure compass. Working with women towards discovery of what it means to live our biggest lives is Rochelle's mission.



Rochelle holds a BFA from Moore College of Art and Design. She founded and led her design firm, Seltzer, for 27 years in Boston, then established her coaching practice in 2013. Rochelle's book, **Live Big: A Manifesto for a Creative Life** was published in January of 2020. It has delighted readers who treasure the beauty and wisdom of the book.

Rochelle lives in Brookline, MA with her husband Steven. She is also a working artist, and her paintings have been exhibited in shows and galleries in Boston.

## ROCHELLE'S MOST POPULAR SPEAKING TOPICS:

- **Live Big Without Sacrifice**
- **Embrace Your Bold: Amplify Your Voice and Impact in the World**
- **How to Create the Future You Yearn For and Live Big**



## PRAISE FOR ROCHELLE

**"[Live Big] is a terrific book. The Discovery Dozen™ exercises alone will change your creative practice (and your life) for the better."**

**SETH GODIN**

*Author of This is Marketing*

**"...Rochelle truly engaged us and delivered wisdom and inspiration with warmth and heart. She gave us action steps to live big and left us excited to put them into practice."**

**OLGA JACOBS, FSA, MAAA**

*VP, Actuarial Strategy, UnitedHealthCare*

**"...Rochelle is present, heart-felt, and a brilliant communicator of important concepts that everyone can benefit from, and especially women leaders."**

**MICHELLE VILLALOBOS**

*CEO, Superstar Activator*

## CONTACT

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# ROCHELLE SELTZER

## Embrace Your Bold: Amplify Your Voice and Impact the World

Keynote or Breakout Session

**DO YOU THINK BOLDLY?** Do you live boldly? What if I were to tell you that it isn't your nerve that needs ramping up, it's your thinking? Our thinking is what blocks us from believing in the viability of our aspirations and from granting ourselves permission to experience genuine self-love.

Culturally, we're encouraged to believe that being bold means being daring and pushing ourselves to do things simply to prove we're not afraid. Jumping out of a plane, leading a protest, singing in public—these are some of the activities society tells us are the hallmarks of living bold. Not true. Being bold is a deeply personal set of choices.

What is your bold? How can you get there? How can you silence (or at least mute!) the self-critic to hear your own voice? In this workshop, we will work in pairs to work toward discovery: what it means to us to think boldly, and to get closer to amplifying not only our unique voice but also our unique impact.

Life is too precious to live small.

### Key Take-aways

- A clear understanding of what it means to be bold and to live boldly – without the baggage and labels that society and culture have assigned to those concepts.
- Insights into what has inhibited you from owning your greatness and sharing your voice – fully-expressed and authentically.
- How to step into your boldest expression – that is just right for you – so you will feel great about sharing your voice and have the impact you yearn for.

### This topic is perfect for:

Professional women | Women in leadership | Emerging leaders

\* A Customization Call with Rochelle precedes all engagements.



## PRAISE FOR ROCHELLE

**“Rochelle dynamically spoke about what it means to live a big life and create your future. We felt her passion, sincerity and wisdom. Her profound story and engaging presentation inspired us all.”**

**ELIZABETH LAVOIE**

*Empower Women series*

**“Rochelle is a seasoned coach, speaker, and entrepreneur. She speaks with confidence and poise. I love her style, professionalism, and the power of the messages she delivers. A not-to-be-missed speaker.”**

**MARI RYAN**

*President, NSA New England*

**“Thank you for bringing a great topic and tremendous wisdom to our program, Rochelle. Our attendees were so grateful for — and inspired by — all that you shared about how to amplify their presence and live boldly!”**

**WENDY MORAHAN**

*Sr. Director, Clinical Data Analytics, IQVIA*

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