

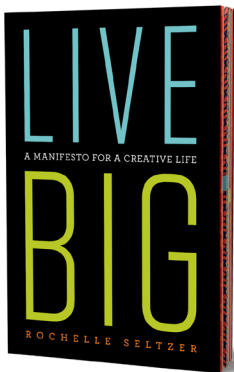
Live Big Without Sacrifice

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

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Live Big Without Sacrifice

Keynote or Breakout Session

DO YOU THINK THAT LIVING A BIG LIFE REQUIRES SACRIFICE? What if I told you that you can live an exciting, fulfilling life – where you live boldly, free of fear, aligned with your purpose, and guided by love – and that life can be yours without sacrifice?

Our culture tells us we must push to “do it all” and “have it all.” We drive ourselves to exhaustion to meet that ideal, struggling to feel we are good enough and worthy.

The truth is that you *can* create the life you yearn for and thrive without burnout. It starts with gaining clarity about what matters most to you and setting clear intentions. By delegating or dropping what’s not aligned, and getting help, you can slow down, take great care of yourself, stay open and curious, delight in wonder, and stay inspired. These are all self-love practices, allowing you to focus on creating the life you want.

You have one precious life. You can define what living big means for you now, and create that life.

Key Take-aways

- ➔ Excite potential to create a great life without burnout.
- ➔ Feel empowered and ready to create the life you want on your own terms.
- ➔ Have key tools, to use day-to-day, that will support you to live your life free of crushing demands and pressure, so your wellbeing is achievable and sustainable.

This topic is perfect for:

Professional women | Women in leadership | Emerging leaders

* A Customization Call with Rochelle precedes all engagements.



PRAISE FOR ROCHELLE

“You were a fantastic speaker and I’ve gotten numerous compliments directly since the event, about how much attendees enjoyed it! We can’t thank you enough!”

REBECCA HERMAN, CPHT

Healthcare Business Women’s Association Director of Programming, Greater Rochester Chapter

“On behalf of the HBA Women in Healthcare Give Back Affinity Group, thank you Rochelle for inspiring us all to amplify our presence and live our lives boldly. The topic and having you as our guest attracted one of our largest turnouts for the program ever! Following the session we have received a number of unsolicited notes of gratitude that shared people were inspired and had taken away gems of tangible insight and ideas to put into practice. Such a gift!”

BRENNA TURNER

Vice President, Product Development Global Clinical Operations Genentech Inc.

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