



Speaker, Author and Strategic Life Coach
Inspires Women to Awaken the Hero Within
& Live with More Vitality, Joy & Fulfillment

Carrie Flintom

HEROES IN HEELS

Are you living a heroic life?

"You can turn an ordinary life into an extraordinary one full of meaning and purpose," says Strategic Life Coach Carrie Flintom, whose energetic presentations address the physical and emotional struggles of women today. The author of *Heroes in Heels: Ignite Your Soul and Awaken the Hero Within*, Carrie's fun, honest presentations show women how to give each day meaning and purpose, awaken your highest self, and live the life of your dreams. You'll leave her soul-nourishing presentations feeling energized, uplifted, and deeply connected to other women, certain that you can live each day with passion and fulfillment.

Keynotes, Workshops, Breakouts, Retreats and Seminars

Carrie will customize her presentation to your group's needs!

Women, Work, and Wisdom: Tapping into Your Authentic Power!

Is your week exciting and *fulfilling*— or simply *full* of details and demands? Are you frustrated by "disconnects" and competition with women colleagues? Carrie offers practical, proven strategies that help you transform your challenging daily existence into a life filled with self-love, connection, balance and happiness.

Living Smarter, Not Harder

Are you stumbling through life without a roadmap or sense of direction? Transform your daily existence into a life filled with gratitude, purpose and fulfillment as Carrie takes you on a new journey with her "5 in 5" daily technique to living SMARTER, not HARDER.

Whose Train Are You On? Reclaiming Your Life

Are you living someone else's life? Have you bypassed your dreams for those of your spouse, children or parents? Our personal and professional responsibilities can consume us so much that we forget what makes us truly happy. You'll leave this empowering talk with strategies to reclaim your life and start living the way you were meant to live. It's time!

Awakening the Hero Within: Creating the Meaning of Your Own Life

In this breakthrough presentation, Carrie shows how to transform the ordinary moments of your life into extraordinary experiences as you awaken the hero within. Discover the guiding principles that give each day new meaning and purpose and produce a transformation in our hearts.

Best Fit Audiences:

Women's events, women's conferences, corporate groups and organizations, women's foundations, and outreach groups and shelters for abused women.

To book Carrie Flintom, call 858-997-6305 or e-mail her at Carrie@heroesinheels.com

Visit her website and blog

www.heroesinheels.com



www.heroesinheels.wordpress.com

Partial Client List: California Employees Association Women's Committee, Qualcomm (Qwise), Wells Fargo Bank, Orange County Administrators of Educational Office Professionals, Simi Valley Hospital Foundation, University of California Dominguez Hills, Bentwater Ladies Organization, Camp Seymour Women's Wellness Conference

"You're the best speaker we've had at our meeting. You were knowledgeable and organized in the presentation, but so warm and genuine in the delivery of your message.

Your program has something for everyone!"

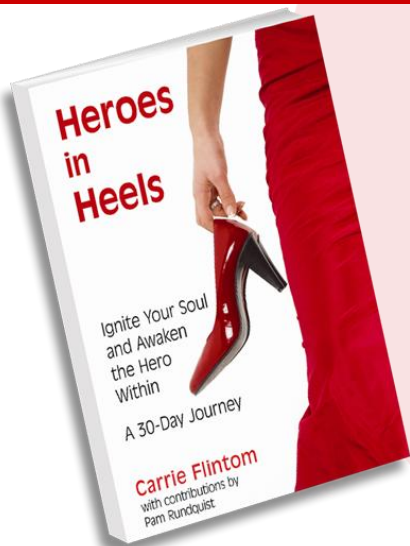
— Patti Davis, Wonderful Online Women

"I've had so many positive comments that I can't even begin to count them! We were all inspired and our spirits were renewed and revived. Our members called it 'the best program ever.'"

— Sheri Benton, Bentwater Ladies Organization

Meet Carrie Flintom...

Carrie Flintom is a Certified Strategic Life Coach dedicated to helping women who are struggling to balance the demands of work and/or family, lost in the consuming details of their lives, challenged with a life transition, or simply tired of living an overloaded and unfulfilling existence. A sought-after speaker and author, she offers practical, effective coaching techniques that help women create a life filled with passion, purpose, and meaning.



Heroes in Heels is a message for today's women...

Whether you're trying to balance everyday demands in five-inch stilettos or racing around town in worn-out athletic shoes, don't squander any more years feeling overwhelmed, unfulfilled, restless, confused, and disappointed. *Heroes in Heels* gives you a simple process that in just minutes a day will help you create the fulfilling life you dream of living. Through heartfelt stories and inspirational quotes, this book will renew your sense of purpose and passion and give you the key elements you need to live the magnificent and rewarding life you deserve.

Rave Reviews for *Heroes in Heels*

"Are you living YOUR life? If not, it's time you did. Heroes in Heels is an extraordinary book that will inspire you during a 30-day journey to uncover your essential, true self."



Ann Ronan, Authentic Life Institute

"It was Heroes in Heels that gave me the push to touch my stepdaughter's life. I really don't think I would have done it without reading your book. It changed our lives!"



Sharon Bura, University of the Pacific

"Feel like you're running on empty as you race to fulfill everyone's needs but your own? Heroes in Heels offers a 30-day plan to become more joyful and fulfilled. Stop searching for the meaning of life and start creating it for yourself. This book will show you how."



M.J. Ryan, Best-selling author of "Attitudes of Gratitude"

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