

## REBECCA RADCLIFFE

Professional Speaker, Author & Consultant

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### MEET REBECCA RADCLIFFE

(This bio may be used to introduce Rebecca Radcliffe at speaking events)

Rebecca Radcliffe is a warm-hearted, insightful national speaker who has toured the country with an uplifting message for communities, schools, colleges, women, and professionals. She inspires audiences to dream big, make the world a little bit better each day, and live long, healthy, joyful lives. She is the author of several delightful, supportive books including: *Dance Naked in Your Living Room*, *Enlightened Eating*, *Finding Body Peace*, *Hot Flashes*, *Chocolate Sauce & Rippled Thighs*, and *About to Burst*. She is an optimist who plans to live to be 200. Rebecca believes it is an exciting yet challenging time to be alive. However, as a working parent with a college student and aging parents, she knows just how stressful life can be. Rebecca has a Masters degree from the University of St. Thomas and two Bachelor degrees in from the University of Minnesota. For more information about her books, go to [rebeccaradcliffe.com](http://rebeccaradcliffe.com).

### BOOKS & PUBLICATIONS

2004 **HOT FLASHES, CHOCOLATE SAUCE, & RIPPLED THIGHS: Women's Wisdom, Wellness, & Body Gratitude**

1999 **BODY PRAYERS: Finding Body Peace--A Journey of Self-Acceptance**

1999 **ABOUT TO BURST: Handling Stress & Ending Violence--A Message for Teens**

1999 THE ENLIGHTENED EATING NEWSLETTER (formerly The Eating Awareness and Self Enhancement Newsletter), Volumes 1-9, bi-monthly; March, 1990 to January, 1999, Editor

1998 BE A BODYWISE WOMAN, The Body of the Goddess, Chapter Author, Melpomene Institute

1997 **DANCE NAKED IN YOUR LIVING ROOM: Handling Stress & Finding Joy**

1996 FOOD ISSUES, Sweating the Sweets, Winter 1996, Vol 3: Issue 1

1996 FOOD ISSUES, Facing Fear Without Food, Fall 1996, Vol 3: Issue 4

1996 FOOD ISSUES, Developing an Open Attitude Toward Change, Summer 1996, Vol 3: Issue 3

1995 FOOD ISSUES, Staying With It, Fall 1995, Vol 2: Issue 4

1995 Elizabethtown College Peer Counselor Resource Manual, The Body Beautiful 90's, 1994

1995 Independent School Health Association Newsletter, "Preventing Poor Body Image and Eating Disorders,"

1995 LIBERARSI DALL'ANORESSIA E DALLA BULIMIA, Fame di Qualcos'altro, Chapter Author

1993 **ENLIGHTENED EATING: Understanding & Changing Your Relationship With Food**

1993 FULL LIVES Hunger For More, Chapter Author, Gurze Books, 1994

1992 THE ENLIGHTENED EATING TAPE SERIES, Author, Narrator, & Producer

1990 ANOREXIA & BULIMIA: THE SILENT STRUGGLE, VHS, Lecturer & Producer

1989 DEVELOPING HEALTHIER EATING HABITS, Published by EASE, Twelfth printing, 2000

1988 SHAPE, Runaway Lives: Stress Overload and Food Addiction; October, 1988

## PRESENTATIONS, WORKSHOPS, SEMINARS, & MEDIA EVENTS

*1984-2010 Delivered hundreds of presentations about stress, healthy living, teen stress, personal growth, women's issues, emotional eating and dozens of media interviews on similar topics including:*

8/9/2010 Workshop Leader, "Stress Management for Stressful Times," MN Nutrition Educators, Owatonna

4/16/2010 Keynote, "Hot Flashes, Chocolate Sauce, & Rippled Thighs," Velvet & Iron Women's Annual Conference, Fairview Mesabi, Hospital, Hibbing, MN

3/29/2010 Workshop Leader, "Living With a Joyful Spirit," New Ulm Community Education

3/24/2010 Facilitator & Trainer, "Fostering Employee Development," Dakota County Management Training

1/26-27/2010 Guest Professor & Community Keynote, Winona State University, Winona, MN

1/23/2010 "Living With a Joyful Spirit," Women's Winter Get-Away, Prior Lake, MN

1/6/2010 Presenter, "Life in the Media Word: Finding a True Sense of Self," St. Michael's Teens & Parents Education, Prior Lake, MN

11/14/2009 Keynote, "Finding Peace in Stressful Times," Farmington/Lakeville Parent Fair

11/14/2009 Keynote Follow-Up Discussion, "De-Stressing Your Life and Family," Farmington/Lakeville Parent Fair

11/7/2009 Workshop Leader, "Beyond Britney, Paris, & Lindsay: Health Body Image," Apple Valley Parent Fair

11/7/2009 Workshop Leader, "About to Burst," Apple Valley Parent Fair

11/3/2009 Workshop Leader, "Beyond Britney, Paris, & Lindsay: Health Body Image," Amazing Grace Lutheran Parent Education, Inver Grove Heights, MN

10/15/2009 Panel Participant, "Current Issues: Questions & Answers," League of Women Voters, Prior Lake, MN

10/7/2009 Workshop Leader, "About to Burst," Amazing Grace Lutheran Parent Education, Inver Grove Heights, MN

5/16/2009 Presenter, "Beyond Britney, Paris, & Lindsay: A Mother-Daughter Conversation About Health Body Image," A Healthy Community Initiative, New Prague, MN

5/3/2009 Keynote, "Life is a Garden of Gifts & Lessons," Red Hat Regional Conference, Bloomington, MN

4/20/2009 Presenter, "Beyond Britney, Paris, & Lindsay: A Mother-Daughter Conversation About Health Body Image," Community Education, Apple Valley, MN

4/10/2009 Keynote, "Stress Management for Stressful Times: An Innovative Approach to Staying Sane, Balanced, & Optimistic in Challenging Times," Staff In-Service, Early Childhood Family Educators, St. Paul, MN

3/17/2009 Keynote, "Stress Management for a Stressful World," Staff-In-Service, Minnesota Workforce Center, Marshall, MN

2/24/2009 Keynote, "Through Thick & Thin: Body Image, Stress, & Hope for a Better World," Women's Center, Mankato State University, Mankato, MN

2/12/2009 Keynote & Panel Member, "About To Burst: Hope for Our Kids in a Stressful World," SAVE Suicide Prevention Night, Prior Lake MN

4/11/2008 Presenter, "Living Well & Working Wise," MN Commission on Women, UM-Morris, Morris, MN

4/10/2008 Presenter, "Twenty Years of Change: A Perspective on Eating Disorders," Psychology and Gender Class, UM-Morris, Morris, MN

4/10/2008 Presenter, "Millennium Women: Hope for the Future," Intro to Women's Studies, UM-Morris, Morris, MN

4/3/2008 Keynote, "Live, Laugh, Work With Purpose," Nursing In-Service, Amery Hospital, Amery WI

4/1/2008 Keynote, "Living With Vitality," Women's Workshop, District One Hospital, Faribault, MN

11/17/2007 Workshop Leader, "More Than Skinny Dreams," All About Girls Overnight, Gethsemane Lutheran Church, Minnetonka, MN

11/10/2007 Workshop Leader, "Coping With Stress," Emerson United Congregational Church, Richfield, MN

11/7/2007 Keynote, "Working With Purpose," Community Service Division Employee Annual Conference, Scott County, Shakopee, MN

9/27/2007 Workshop Leader, "Sociocultural Observations on 20 Years of Progress," The Emily Program for Eating Disorders Treatment, St Louis Park, MN

6/11/2007 Presenter, "The Future is Here," Scott County Library Board, Savage, MN

5/19/2007 Breakout Speaker: "About To Burst: Understanding & Dealing with Stress in Kids & Teens," Parent Fair, Prior Lake Community Education, Prior Lake, MN

4/17/2007 Presenter, "The Future is Coming: What 2030 Will Look Like," People & Public Safety Planning Group, Scott County, MN

3/18/2007 Keynote: "Hot Flashes, Chocolate Sauce & Rippled Thighs: Loving the Skin You're In" A Day for Me Annual Women's Event, Macgruder Hospital, Port Clinton, OH

2/10/2007 Keynote: "Hot Flashes, Chocolate Sauce & Rippled Thighs: Supporting Women's Wisdom, Wellness, Body Acceptance, & Joy," 9th Annual Women's Wellness Day, Virginia Regional Medical Center, Virginia, MN

6/2/2006 "Future Vision," MN County Community and Social Services Association Annual Meeting, Brainerd, MN

6/1/2006 "Expanding Our Perspectives," MN County Community and Social Services Association Annual Meeting, Brainerd, MN

5/6/2006 Keynote: "Dance Naked in Your Living Room," Northeastern Vermont AHEC, Stowe, VT

2/20/2006 "Eating & Addictions," Student Recovery Support Group, Augsburg College, Minneapolis, MN

2/20/2006 Athletes Talk: "Handling Stress in a Changing World," Augsburg College, Minneapolis, MN

1/28/2006 "The Future is Now: Emerging Trends in Work, Personal, Community, & Global Life," Scott County Citizen's Advisory Board, Shakopee, MN

12 28/2005 "New Hope, New Year," Prior Lake Rotary Club, Prior Lake, MN

11/11/2005 Author Appearance, First Annual Book Festival, Martinsburg, WV

10/25/2005 Keynote: "Hot Flashes, Chocolate Sauce, & Rippled Thighs" Joy of Life Women's Event, Des Moines, IA

10/24/2005 Keynote: "Dance Naked in Your Living Room," Celebrate Women Event, Chamber of Commerce, Belle Plaine, MN

9/21/2005 Keynote: "Hot Flashes, Chocolate Sauce, & Rippled Thighs" St Luke's Hospital, Cincinnati, OH

9/17/2005 Keynote: "Hot Flashes, Chocolate Sauce, & Rippled Thighs" co-sponsored by Broman Hospital and Carl Clinic, Normal, IL

5/22/2005 Keynote: "Celebrating Mothers: Creating Inspiration & Growing in Wisdom" Recognition Brunch, Jordan, MN

5/18/2005 Luncheon Speaker: "The Future is Now: Emerging Trends in Work, Personal, Community, & Global Life," Prior Lake Chamber of Commerce, Prior Lake, MN

5/10/2005 Keynote: "Help! I'm Swimming in Stress & Kicking Like Crazy!" Nurse's Week Luncheon, Veteran's Administration (VA) Hospital, Minneapolis, MN

4/10/2005 Presenter: "Dreams Grow in Every Heart" Mother-Daughter Brunch, Memorial Hospital of Union

County, Marysville, OH

4/14/2005 Speaker: "Riding The Waves of The Future" High School Career Day, MN School District 719

4/6/2005 Speaker: "Ribbons of Hope" Living Water Adolescent Group, Shepard of the Lake Lutheran Church, Shakopee, MN

3/23/2005 Panel Speaker: "Supporting Our Children in a Stressful World" Parent Night on Suicide Prevention, Minnesota School District 719

3/5/2005 Keynote: "Dreams Grow in Every Heart" Mother-Daughter Brunch, ProHealth Care, Waukeshaw, WI

12/4/2004 Keynote: "Dance Naked in Your Living Room: Surviving the Holidays & Creating a Healthy New Year," Annual Women's Brunch for the Festival of Trees, St James Hospital, St James, MN

11/30/2004 Keynote: "Dance Naked in Your Living Room: Surviving the Holidays," Mom-Camp Women's Evening Out, Minneapolis, MN

11/15/2004 Keynote: "Hot Flashes, Chocolate Sauce, and Rippled Thighs: Women's Wisdom, Wellness & Body Gratitude," Mercy Hospital, Annual Women's Event, Independence, KS

11/9/2004 Keynote: "About to Burst: Handling Stress & Ending Violence," New London-Spicer Schools, Middle School Assembly, New London, MN

11/6/2004 Keynote: "Hot Flashes, Chocolate Sauce, and Rippled Thighs" St John's River District Hospital, "Immunity, Ingenuity, & A Bit of Indulgence," Women's Event, New China, MI

10/27/2004 Keynote: "Dance Naked in Your Cubicle: Coping With Stress, Changes, & Demanding Lives," New Ulm Medical Center, Annual Professional Conference, New Ulm, MN

10/15/2004 Keynote: "Dance Naked in Your Living Room," Shannon Health & Wellness, "Girls Get Going" Community Event, San Angelo, TX

10/4/2004 Keynote: "Hot Flashes, Chocolate Sauce, and Rippled Thighs: Body Image for Real Women," Sacred Heart Hospital, Woman to Women Annual Dinner, Eau Claire, WI

8/18/2004 Keynote: "Dare to Dream Your Life," Forest Ridge Youth Services, Women's Issues Day, Esterville, IA

4/29/2004 Keynote: "Surviving the Superwoman Complex: Handling Stress & Enlightened Eating," Minnesota LPN Association, St. Cloud, MN

4/28/2004 Keynote: "Bellies, Boobs, & Buttocks: Body Image for Real Women," Minnesota LPN Association, St. Cloud, MN

4/22/2004 Keynote: "Hot Flashes, Chocolate Sauce, and Rippled Thighs: Body Image for Real Women," Women's Wellness Community Evening, Mercy Medical Center, Cedar Rapids, IA

4/22/2004 Keynote: "Women's Wellness: A Matter of Balance" Annual Professional Conference, Mercy Medical Center, Cedar Rapids, IA

4/3/2004 Keynote: "Hot Flashes, Chocolate Sauce, and Rippled Thighs: Body Image for Real Women," and "Enlightened Eating: Using Food to Cope," (Keynote and Breakout Workshop) Women's Wellness Workshop, Lifespan Community Health Services, Providence, RI

3/26/2004 Keynote: "Women's Wellness: A Matter of Balance" and "Hot Flashes, Chocolate Sauce, and Rippled Thighs: Body Image for Real Women," and "Enlightened Eating: Using Food to Cope," (Opening and Closing Keynote and Breakout Workshop) Annual Women's Professional and Community Conference, Scott's Bluff, NE

3/4/2004 Keynote: "Dreams Grow in Every Heart: A Mother/Daughter Event," Women's Wellness Evening, Franciscan Skemp Hospital, La Crosse, WI

3/4/2004 Keynote: "Skinny Dreams: The Power of Words, The Power of Images" for Love Your Body Month,

College of St. Scholastica, Duluth, MN

2/26/2004 Keynote: "Skinny Dreams In a Stressful World: Women, Food & Body Image" for Love Your Body Week, Fordham University, (Lincoln Center Campus and Bronx Campus), New York, NY

2/23/2004 Keynote: "Skinny Dreams: The Pursuit of Perfection in a Narrow-Minded World" for Love Your Body Week, Allegheny College, PA

2/20/2004 Keynote: "Dance Naked in Your Living Room: Handling Stress & Finding Joy," (Business Women's Luncheon Keynote), "Hot Flashes, Chocolate Sauce, and Rippled Thighs," (Community Workshop), & "New Voices: Women Making A Difference, (Professional Meet & Greet), Women's Expo, Bonsecour St Josephs Hospital, Port Charlotte, FL

2/10/2004 Keynote: "Finding Body Peace: Media, Stress, & Body Acceptance" for Love Your Body Week, Alverno College, Milwaukee, WI

1/24/2004 Speaker: "A Conversation With Women" St. Mary's Parish, Shakopee, MN

1/9/2004 Speaker: "Nurturing Our Hearts, Bodies, & Wellbeing," Mothers & Others Time Out, St Michael's Parish, Prior Lake, MN

11/22/2003 Keynote: "Hot Flashes, Chocolate Sauce, & Rippled Thighs," Fundraising Brunch, St James Hospital, St James, MN

10/30/2003 Keynote: "Women's Wellness: A Matter of Balance," 2nd Annual Women's Health Event,, Otsego Memorial Hospital, Gaylord, MI

10/29/2003 Keynote: "Women's Wellness: A Matter of Balance," Annual Women's Breast Cancer Awareness Event, New Iberia Medical Center, New Iberia, LA

10/15/2003 Keynote: "Hot Flashes, Chocolate Sauce, & Rippled Thighs," Annual Women's Fair, Valley Hospital, Palmer, AK

9/28/2003 Presenter: "Dreams Grow in Every Heart ," with Rebecca's daughter, Girls Time Out for Women's Health Month, Holzer Medical Center, Gallipolis, OH

9/16/2003 Keynote: "Dance Naked in Your Living Room: Handling Stress & Finding Joy" Women's Wisdom Lecture Series, New Britain General Hospital, New Britain, CT

2/15/03 Keynote: "Women's Wellness: A Matter of Balance" and Workshop Presenter, "Hot Flashes, Chocolate Sauce, & Rippled Thighs," for Second Annual Women's Day of Health & Wellness, The Center for Women, Buena Vista Regional Medical Center, Storm Lake, IA

10/24/02 Keynote Presenter: "Lost in a Box of Chocolates: Inspiring Women to Live Well & Long," Tri-County Hospital Foundation, Wadena, MN

6/14/02 Co-Lecturer, "Inspiration, Improvisation, & Insight: Surviving in a Changing World," Women & Technology Conference, Shephardstown, WV

5/15/02 Lecturer, "Hot Flashes, Chocolate Sauce, & Rippled Thighs: Body Image for Real Women," Women's Community Education, St Francis Medical Center, Shakopee, MN

5/11/02 Keynote Presenter, "Dance Naked in Your Living Room: Handling Stress & Finding Joy," Women's Health Day, Fisher Titus Medical Center, Norwalk, OH

5/9/02 Keynote Presenter, "Hot Flashes, Chocolate Sauce, & Rippled Thighs: Body Image for Real Women," and "Dance Naked in Your Living Room: Handling Stress & Finding Joy," Perinatal Regional Conference, Covington, KY

4/19/02 Keynote Presenter, "Dance Naked in Your Living Room," Women's Health Conference 2002, King's Daughter Medical Center, Ashland, KY

4/18/02 Keynote Presenter, "Hot Flashes, Chocolate Sauce, & Rippled Thighs: Body Image for Real

Women,” Women’s Health Conference 2002, King’s Daughter Medical Center, Ashland, KY

4/17/02 Workshop Leader, “Dare to Dream: Leading Lives of Balance, Joy, & Contribution,” In Service Educators of North Central Ohio (IENCO), Sandusky, OH

4/6/02 Keynote Presenter, “Hot Flashes, Chocolate Sauce, & Rippled Thighs: Body Image for Real Women,” 2002 Women’s Day Out, Mayo Health System, Mankato, MN

4/4/02 Keynote Presenter, “Hot Flashes, Chocolate Sauce, & Rippled Thighs: Body Image for Real Women,” Annual Women’s Conference, Hazelton Treatment Center & Fairview Health System, Chisago, MN

3/9/02 Keynote Presenter, “Dance Naked in Your Living Room: Handling Stress & Finding Joy,” 5th Annual Women’s Health Seminar, Illinois Valley Community College & Illinois Valley Community Hospital, Peru, IL

3/4/02 Keynote Presenter, “Skinny Dreams: How Stress, Eating, & Body Hatred Impact Women’s Success,” Eating Disorders Awareness Week, Duke University, Durham, NC

2/26/02 Keynote Presenter, “Dance Naked in Your Living Room: Handling Stress & Finding Joy,” Women’s Wellness Day, Dickinson County Health Care System, Iron Mt, WI

11/5/01 Keynote Luncheon Speaker, “Hot Flashes, Chocolate Sauce, & Rippled Thighs,” Annual Women’s Country Club Luncheon & Health Fair, Northern Hospital of Surrey County, Mount Airy, NC

10/26/01 Keynote Presenter, “Hot Flashes, Chocolate Sauce, & Rippled Thighs,” Breast Cancer Awareness Women’s Event, New Iberia Medical Center, New Iberia, LA

10/11/01 Keynote, “A Gift to be Simple,” Wisconsin Association of Support Staff Annual Conference, Wisconsin Rapids, WI

9/22/01 Keynote, “A Matter of Balance: Downsizing Life Stress & Creating Peace,” Renew Your Spirit Women’s Conference, Windom Hospital, Windom, MN

3/15/01 Keynote for Women’s Health Conference, “Hot Flashes, Chocolate Sauce, & Rippled Thighs,” Franciscan Skemp Health Center, La Crosse, WI

2/26/01 Employee Workshop Leader, “Dance Naked in Your Living Room,” and Keynote for Eating Disorders Awareness Week, “Skinny Dreams: Success in a Body-Conscious World,” Southeast Missouri State University, Cape Girardeau, MO

2/15/01 Keynote, “Learning to Live in Our Bodies: Untangling Emotions, Food & Body Hatred,” Eating Disorders Awareness Week, University of Richmond, Richmond, VA

2/14/01 Keynote, “Dance Naked in Your Living Room and Self-Esteem & Body-Image, Body Acceptance and Eating Awareness Day,” SUNY Oswego, Syracuse, NY

2/8/01 Guest Professor: “Making an Impact on Eating Disorders: A Comprehensive Model” Convocation Speaker: “Enlightened Eating in 2001” and Employee Workshop, “Hot Flashes, Chocolate Sauce, & Rippled Thighs,” Austin College, Sherman, TX

10/26/00 Keynote, “About to Burst: Handling Stress & Ending Violence--Coming Together to Create Peace,” Monongahala Valley Hospital, Community Schools Program, Monongahala Valley, PA

9/13/00 Keynote, “New Millennium, New Rules: Work, Wonder & Wisdom,” Annual Meeting of the MN General Crime Victim Coalition, Chanhassen, MN

6/7/00 Radio Guest, “Finding Body Peace,” on The Enchanted Self Radio Show with Dr. Barbara Becker Holstein, West Allenhurst, NJ

4/14/00 Workshop Leader, “Silent Scream: The Inner Violence of Eating Disorders and the Path to

- Peace,” Mental Health Association of Onondaga County, Syracuse, NY
- 4/13/00 Keynote, “Lost in a Box of Chocolates: Using Food to Cope,” Quinsigamond Community College, Worcester, MA
- 3/27/00 Keynote, “Learning to Live in Our Bodies: Untangling Emotions, Food, & Body Image,” Mercyhurst College, Erie, PA
- 3/25/00 Keynote, “Dance Naked in Your Living Room,” Grand View Hospital Women’s “Calm the Chaos” Health Conference, Sellersville, PA
- 3/23/00 Workshop Leader, “Daring to Dream: Women’s Journeys in the New Millennium,” Florida Community College, Jacksonville, FL
- 3/23/00 Interview, “Worth Quoting” radio show with Carol Spaulding, President, Florida Community College, Jacksonville, FL
- 2/21/00 Keynote: “Exploring Body Image & Emotional Eating,” Eating Disorders Awareness Week, Centre College, Danville, KY
- 2/14/00 Keynote: “Skinny Dreams: How Stress, Eating & Body Hatred Impact Women’s Success,” Central Washington University, Ellensburg, WA
- 1/14/00 Presenter, “About to Burst: Stemming Stress Before it Blows,” Hyundai’s Safe Start 2000 Conference co-sponsored with California State University-Fullerton, Orange County, CA
- 11/6/99 Workshop Leader, “Finding Body Peace: A Journey of Self-Acceptance,” North Memorial Women’s Center, Minneapolis, MN
- 10/18/99 Motivational Speaker, “Living to Grow: Choosing to be Conscious, Courageous, and Creative in the New Millennium,” and “Daring to Dream in the New Millennium,” Working Women’s Summit, co-sponsored by the Bismark Tribune, Bismark, ND
- 9/17/99 Guest Speaker, “About to Burst: Kids Have Stress, Too!” Grainwood Elementary, Prior Lake, MN
- 8/27/99 Presenter, “About to Burst: A Teacher’s In-Service on Ending Violence,” Centennial School District, San Luis, CO
- 4/23/99 Presenter, “Bellies, Boobs, & Buttocks: A Closer Look at Body Hatred,” Eating Disorders Awareness Week, Davidson College, Davidson, NC
- 4/23/99 Presenter, “Dance Naked in Your Living Room: Handling Stress & Finding Joy,” Associates Day, Wisconsin Technical College, New Richmond, WI
- 2/11/99 Workshop Leader, “Dance Naked in Your Living Room: Handling Stress & Finding Joy,” Staying on Course With Wellness Community Program, Franciscan Skemp Health care, La Crosse, WI
- 2/1/99 Presenter, “Lost in a Box of Chocolates: Learning to Live in Our Bodies,” Eating Disorders Awareness Week, Northern Illinois University, DeKalb, IL
- 1/22/99 Workshop Leader, “Enlightened Eating: A Message of Wholeness & Inner Peace for Understanding and Changing Your Relationship With Food,” Western New York Dietetic Association, Williamsville, NY
- 1/14/99 Workshop Leader, “Learning to Live in Our Bodies: Untangling Emotions, Food, & Body-Hatred,” The Marsh Women’s Health Club, Minnetonka, MN
- 12/10/98 Presenter, “Learning to Live in Our Bodies: Client Skill-Building for Weight Issues & Management,” New Hampshire Consultant Dietitians Conference, Manchester, NH
- 11/19/98 Workshop Leader, “Handling Stress & Finding Joy,” Women’s Veteran’s Day Program, Louis A Johnson Community Medical Center for Veterans, Clarksburg, WV

- 11/15/98 Workshop Leader, "Dance Naked in Your Living Room: The Role of Joy and Balance in Healing Body and Weight Issues in Women," Annual Conference: Clinical Practice in Women's Mental Health--Feminist Perspectives on Safety and Healing, The Renfrew Center, Philadelphia, PA
- 11/12/98 Presenter, "Learning to Live in Our Bodies: Untangling Emotions, Food, & Body-Hatred," Center for Health & Wellbeing, University of Vermont, Burlington, VT
- 11/12/98 Workshop Leader, "Dance Naked in Your Living Room: Handling Stress & Finding Joy," Faculty/Staff Wellness Program, University of Vermont, Burlington, VT
- 11/11/98 Keynote, "Body Image, Stress, and the Impact on Young Women's Lives," Student Health & Wellness Education, Middlebury College, Middlebury, VT
- 11/11/98 Presenter, "Dance Naked in Your Living Room: Handling Stress & Finding Joy," Employee Lifetime Wellness Program, Fletcher Allen Hospital, Burlington, VT
- 11/10/98 Author Talk, "Managing Holiday Stress and Overeating," Barnes & Noble Bookstore, Burlington, VT
- 11/7/98 Keynote, "Dance Naked in Your Living Room, and Learning to Live in Our Bodies," Women's Wellness Forum, Pullman Memorial Hospital, Pullman, WA
- 10/25/98 Workshop Leader, "Learning to Live in Our Bodies," Women's Connection, Freeport Health Network, Freeport, IL
- 10/24/98 Keynote, "Dance Naked in Your Living Room," Community Health Forum, Freeport Health Network, Freeport, IL
- 10/24/98 Presenter, "Nurturing the Nurturers," Church Secretaries Luncheon, Freeport Health Network, Freeport, IL
- 10/24/98 Presenter, "A Matter of Balance: The Many Faces of Wellness," Employee Wellness Series, Freeport Health Network, Freeport, IL
- 10/17/98 Workshop Leader, "Living to Grow: Seeking Personal Growth Through Stress Management to Unfold Life Purpose and Fulfillment," Memorial Medical Center Women's Health Program, Ludington, MI
- 9/28/98 Keynote Speaker, "Key Issues: Body Image, Dancing Naked, Body Hatred, Food, and Learning to Live in our Bodies," Haverford College "Collection Series", Philadelphia, PA
- 9/26/98 Keynote, "Dance Naked in Your Living Room," Women's Health Forum 1998: Celebrating Mind, Body, Spirit, Ephraim McDowell Health, Danville, KY
- 9/19/98 Keynote, "Surviving the Holidays," Regional Meeting, TOPS, Minneapolis, MN
- 9/16/98 Instructor, "Nutrition & Wholeness: Body Image Issues," College of St Catherine, Minneapolis, MN
- 6/29/98 Workshop Leader, "Dance Naked in Your Living Room: Stress on Today's Campuses," and Keynote Presenter, "Living To Grow: Choosing To Become Conscious, Creative, and Courageous," Delta Delta Delta's Biannual National Leadership Conference, Palm Desert, CA
- 4/25/98 Workshop Leader, "Media's Destruction of Women's Self Esteem," and Keynote Presenter, "Living To Grow: Choosing To Become Conscious, Creative, and Courageous," North Carolina State University's Second Annual Retreat for Women: Whole Woman, New Millennium, Wilmington, NC
- 4/23/98 Keynote Presenter, "Becoming Powerful Women: A Message for Mother's & Daughters," Hudson's Women's League Come Grow With Us Annual Women's Conference, Hudson, WI
- 4/2/98 Workshop Leader, "Food & Body Image Treatment Issues" Campus Presenter, "Bellies, Boobs, &



Buttocks: A Closer Look At Body Hatred” Keynote Presenter, “Dance Naked In Your Living Room” and Professional Women’s Breakfast Presenter, “Choosing To Be Conscious Courageous & Creative” Bemidji State University & Bemidji Mental Health Clinic, Bemidji, MN

3/31/98 Keynote, “Living to Grow,” Just For Women: An Annual Event, Ridgewater College, Willmar, MN

3/26/98 Guest Presenter, “Dance Naked In Your Living Room,” Prior Lake High School, Prior Lake, MN

3/5/98 Keynote Presenter, “Dance Naked In Your Living Room,” Mt View College, Dallas, TX

2/23/98 Keynote Presenter and Workshop Leader, “Reclaiming The Body...Proclaiming The Self,” Murray State University, Murray, KY

2/15/98 Assembly Presenter, “Dance Naked In Your Living Room,” and Discussion Leader, “Bodies, Beauty, and Self-Esteem,” Episcopal High School, Alexandria, VA

2/13/98 Keynote Presenter, “Lost In a Box of Chocolates,” and Faculty In-Service Leader, “Dance Naked In Your Living Room,” Richard Bland College of the College of William & Mary, Petersburg, VA

2/5/98 Keynote Presenter, “Stress, Wellness, & Healthy Eating,” Lutheran Brotherhood Insurance, Minneapolis, MN

1/29/98 Keynote Presenter, “Dance Naked In Your Living Room,” and Workshop Leader, “Learning To Live In Our Bodies,” College of Southern Idaho, Twin Falls, ID

12/2/97 Presenter, “Dance Naked In Your Living Room: Coping With Stress In Campus Life,” Shepherd College, Shephardstown, WV

11/11/97 Workshop Leader, “Learning To Live: Women Searching For Wholeness,” Reading Area Community College, Reading, PA

11/8/97 Author Signing, “Dance Naked In Your Living Room,” La Romantique: A Holiday Celebration For Women, Apple Valley, MN

11/1/97 Workshop Leader, “At the Heart of It All: Food, Stress & A Woman’s Journey,” Prior Lake, MN

10/9/97 Presenter, “Modern Body Image Issues & Their Affect on Students,” Mercyhurst College, Erie, PA

9/29/97 Workshop Leader, “Discover Positive Ways To Cope With Body Image Disturbances, Overeating, and Low Self-Esteem,” Georgia Baptist Medical Center, Atlanta, GA

9/28/97 Discussion Leader, “Issues in Recovery,” ANAD Support Group, Atlanta, GA

9/24/97 Presenter, “Athletes & Body Image Issues: An In-Service for Coaching Staff and Modern Body Image Issues & Their Affect on Students,” Miami University, Oxford, OH

6/2/97 Keynote, “Food, Weight, & Stress,” MN Women’s Commission, Minneapolis, MN

5/9/97 Lecturer, “Dance Naked In Your Living Room,” Whole Life Expo, Minneapolis, MN

5/6/97 Instructor, “Weight, Women & Stress,” Hastings Community Education, Hastings, MN

4/24/97 Workshop Facilitator, “Stress, Overeating, & Self-Care,” Minneapolis Public Schools Wellness Program, Minneapolis, MN

4/23/97 Author Talk, “Dance Naked In Your Living Room,” Barnes & Noble, Minneapolis, MN

4/14/97 Keynote, “Body Image & Healthy Eating,” Georgetown University, Washington, DC

4/15/97 Special Presenter, “Body Image, Eating Disorders, & Self-Esteem,” National Cathedral School, Washington, DC

4/10/97 Author Talk, “Dance Naked In Your Living Room,” Barnes & Noble, Washington, DC

4/5/97 Keynote, “Living To Grow: Choosing To Be Conscious, Courageous, & Creative,” and Workshop Leader, “Nourishing Our Inner Spirits,” for day long conference “Women & Wellness: A Tapestry of Mind, Body, Spirit,” MN Extension Service, Alexandria, MN

4/4/97 Closing Presenter, “Helping Women Come To Healthy Terms With Their Bodies, Eating &

Weight,” for “Women & Wellness Conference: A Focus On Body Image and Self Esteem,”  
MN Extension Service, Alexandria, MN

4/1/97 Keynote, “Dance Naked In Your Living Room: Handling Stress & Finding Joy,” Minnesota  
Commission On Women, St Paul, MN

3/17/97 In-Service Leader, “Raising Client’s Self Esteem,” Part 1, PATH, St Paul, MN

3/24/97 In-Service Leader, “Raising Client’s Self Esteem,” Part 2, PATH, St Paul, MN

3/11/97 Author Talk, “Dance Naked In Your Living Room,” Barnes & Noble, San Diego, CA

3/4/97 Author Talk, “Dance Naked In Your Living Room,” Barnes & Noble, San Francisco, CA

3/1/97 Workshop Leader, “Dance Naked In Your Living Room,” Ohlone College, Fremont, CA

2/5/97 Campus Talk, “Body Image & The Obsession With Thinness,” Winona State University, Winona, MN

2/4/97 Teacher In-Service Leader, “Nurturing The Nurturer,” Rocking Horse Ranch, Prior Lake, MN

1/30/97 Keynote, “Learning To Live In Our Bodies,” MN Council For Children & Adoption, Minneapolis, MN

1/29/97 Author Talk, “Dance Naked In Your Living Room,” Borders Bookshop, Minnetonka, MN

1/14/97 Clinical In-Service Leader, “Support & Intervention for Clients With Body Image Issues,”  
Center For Health Promotion, Health Partners, Minneapolis, MN

9/14/96 Workshop Leader, “Learning To Live In Our Bodies: Finding a Healthier Way,” The Center  
For Integrated Health Care, St Paul, MN

7/26/96 Workshop Leader, “Body Image, Self Esteem, & Living With Special Needs,” and “Body  
Image, Self Esteem, & Parenting Children With Special Needs,” Minnesota Tourettes  
Syndrome Association Annual Conference, Stillwater, MN

6/6/96 Commencement Address, “Opening The Door to Your Future,” The Grier School, Tyrone, PA

4/17/96 Keynote, “Lost In a Box of Chocolates: Becoming Strong Women,” College of St Scholastica,  
Duluth, MN

4/11/96 Keynote, “Wellness & Women,” Drury College, Springfield, MO

3/26/96 Keynote, “Making A Difference: Body Image & Cultural Change,” Vassar College, Poughkeepsie, NY

3/4/96 Keynote, “Body Image & You,” St. Mary’s University, Winona, MN

2/28/96 Keynote, “Eating & Emotions: A Set Up For Eating Disorders,” MN School for the Arts,  
Minneapolis, MN

2/14/96 Keynote, “Mood & Food: Eating Disorders Awareness,” University of Minnesota, Minneapolis, MN

2/10/96 Workshop Leader, “Learning To Live In Our Bodies: Making Personal Change,” North  
Women’s Center, North Memorial Medical Center, Robbinsdale, MN

1/27/96 Seminar Leader, “Renewing Ourselves,” Burnsville, MN

11/1/95 Keynote, “Images In The Media: How They Affect Women’s Lives,” Bridgewater College  
Women’s Center, Bridgewater, MA

10/28/95 Seminar Leader, “Surviving The Holidays,” Burnsville, MN

9/8/95 Leader, “Retreat, Rekindle, Renew: A Woman’s Weekend Journey For Health,” WomenCare, Abbott  
Northwestern Hospital, Stillwater, MN

5/6/95 Seminar Leader, “Learning To Live In Our Bodies,” Minneapolis, MN

5/2/95 Keynote, “Learning To Live In Our Bodies: Untangling The Web of Eating, Emotions, and  
Body-Hatred,” 3rd Annual Women’s Health Fair, University of Minnesota, MN

3/24/95 Keynote, Itasca Annual Women’s Day Conference, “Living To Grow: Choosing To Be  
Conscious, Creative, and Courageous,” Grand Rapids, MN

6/8/94 Co-Presenter, "Eat Your Heart Out," St Cloud State University, St Cloud, MN  
3/8/94 Keynote, Using Food To Cope: Women, Food, & Stress", Forest View Hospital, Grand Rapids, MI  
1/12/94 Keynote, "Women, Wellness, and Food," Arkansas College,  
10/6/93 Keynote, "Eating Disorders, Emotional Eating, & Our Obsession With Thinness", Ohio  
University's Women's Panhellenic Association, Athens, OH  
1/5/93 Keynote, "Finding a Healthy Balance: Eating and Stress," Mercersburg Academy, Mercersburg, PA  
8/15/92 Paper Presenter, "Lost In a Box Of Chocolates: The Misplaced Search For Meaning In  
Food", 6th International Eating Disorders Symposium,  
5/9/92 Seminar Leader, "Learning To Live In Our Bodies: Women Searching for Wholeness"  
11/1/91 Workshop Presenter, "Lost In a Box Of Chocolates: The Search For Meaning By  
Individuals With Eating Disorders", NAAS Tenth National Conference on Eating Disorders,  
3/8/91 Featured Presenter, "Eating Disorders Treatment In The 90's: Key Clinical and Marketing  
Issues," Scottsdale, AZ  
1/17/91 Keynote, "Eating Disorders: A Sign Of The Times," Williams College, Williamstown, MA  
12/5/90 Presentation, "Eating Disorders: Treatment & Change," Princeton University, Princeton, NJ  
10/25/90 Panel Member, "Developing Prevention Programs For Eating Disorder Awareness Week On The  
College and University Campus," NAAS Ninth Annual National Conference on Eating Disorders  
4/26/90 Panel Member, "Low Self-Esteem And Complex Eating Disorders In Women: The Influence of  
Sociocultural Factors On Negative Body Image," American Orthopsychiatric 67th Annual Meeting  
1985-3/1990 Speaking schedule similar to above.

### **EDUCATIONAL BACKGROUND**

Multiple conferences on psychology, teen violence, girl's/women's development, desktop publishing  
2001 Mini M.B.A. in E-Commerce (World Wide Web), University of St. Thomas, Minneapolis, MN  
1982 M.B.A. with Focus in New Program Development, University of St. Thomas, St. Paul, MN  
1976 B.A. English, University of Minnesota, Minneapolis, MN  
1976 B.S. with Distinction, (Education Major/Future Studies Minor), University of Minnesota

### **PROFESSIONAL EXPERIENCE**

1988-Present **EXECUTIVE DIRECTOR, EASE Publications & Resources, Minneapolis, MN**  
Author, national speaker, and publishing head of organization dedicated to providing written  
and experiential resources on personal growth, wellness, stress, spirituality, simplicity, life  
balance, and violence prevention including books, presentations, and workshops.

2001 **ADJUNCT PROFESSOR, Saint Mary's University, Minneapolis, MN**  
Taught *Spirituality, Food, & Body Acceptance* course for Masters Program in Human Development

1985-1988 **VICE PRESIDENT, The Renfrew Center, Philadelphia, PA**  
Helped open the first 40-bed residential treatment facility in the world for women with eating disorders  
that served 1000 in first three years. Spokesperson for all area community and professional events.  
Instituted and edited, *The Perspective*, a professional journal still in print.

**MANAGER STRATEGIC PLANNING, Medtronic, Inc., Minneapolis, MN**  
**DIRECTOR OF PLANNING & MARKETING, ASSISTANT TO THE PRESIDENT, and DIRECTOR  
OF HEALTH PROMOTION, Mount Sinai Hospital, Minneapolis, MN.**

**TRAINING & DEVELOPMENT SPECIALIST, Metropolitan Medical Center, Minneapolis, MN**  
**EDUCATOR, Forest Lake Senior High School, Forest Lake, MN**