



Rosa Livingstone

Transformational Speaker,
Mind Coach, Author, Clinical
Hypnotherapist

Book Rosa, a highly-rated motivational speaker, women's coach, thought-leader in self-sabotage, mindset, and belief restructuring. As a Master Mindset Coach, Certified Clinical Hypnotherapist, and author, she empowers groups, individuals, and organizations to embrace authenticity and unlock personal and professional growth. Her engaging and insightful presentations awaken audiences to unleash their full potential by breaking free from self-sabotaging behavior, equipping them with powerful strategies for transformation.



she  talks



SIGNATURE TOPICS

- ✓ Women Empowerment - Undoing Self-Sabotaging Mindset Scripts
- ✓ Your Mindset Dictates Your Entrepreneurial Success
- ✓ Overcoming Anxiety & Depression & Stress
- ✓ The False Story We Tell Ourselves
- ✓ Have You Had Enough Yet? Embody Your Authentic Self
- ✓ Prioritizing Healthy Mindsets in the Workplace - Corporate; Healthcare



rosalivingstone@telus.net



rosalivingstone.com



@selfsabotagingself



@rosalivingstone



Rosa Livingstone

Transformational Speaker,
Mind Coach, Author, Clinical
Hypnotherapist

EXPERTISE IN:

- Self-Sabotage Mindset & Behaviour
- Mindset Change Management
- Entrepreneurial Leadership
- Health & Wellness
- Your Subconscious Mind Can Change Anything

Get in Touch!

📞 +1--778-238-2427

SPEAKER TYPES

- ✓ Career Development
- ✓ Conference
- ✓ Corporate Health & Wellbeing
- ✓ Education & Teachers
- ✓ Event Hosts & Moderators
- ✓ Lifestyle & Health
- ✓ Inspirational & Motivational
- ✓ Women & Influence

Rosa is available for 60-90 minutes talks, keynotes, workshop breakouts, 1/2 day speaking & full-day engagements, as well as hosting & moderating.



rosalivingstone@telus.net



rosalivingstone.com



@selfsabotagingself



@rosalivingstone