



HEATHER CHAUVIN

MEDIA KIT 2023

AS SEEN IN

TED^x

FASTCOMPANY

Google

Forbes

REALSIMPLE

Entrepreneur

The
Jenny
McCarthy
Show

Heather Chauvin

AUTHOR, TEDx SPEAKER & STORYTELLER



Heather is a TEDx Speaker, Author of Dying To Be A Good Mother, and host of a highly loved Podcast “Emotionally Uncomfortable” with over 6 million downloads.

Heather Chauvin is a leadership coach who helps ‘successful’ women courageously and authentically live, work, and parent on their own terms.

Heather started her career as a social worker helping adults understand children’s behavior. But it wasn’t until 2013 when a stage 4 cancer diagnosis pushed her to take a deeper stand for change, uncovering how cultural expectations sabotage our dreams. She has been featured in Forbes, Entrepreneur, Real Simple Magazine, Mind Body Green, Google, and more.

When Heather isn’t working, you will find her living out what she teaches which may include kayaking Alaska, snowboarding, hiking, or anything else that challenges what she believes is possible for herself (and inviting her children along the journey). **Life is full of opportunities. It’s time to feel alive.**



On stage, she appears to be extroverted but is actually widely sensitive and introverted.



She’s terrified of dark water and swimming with fish.



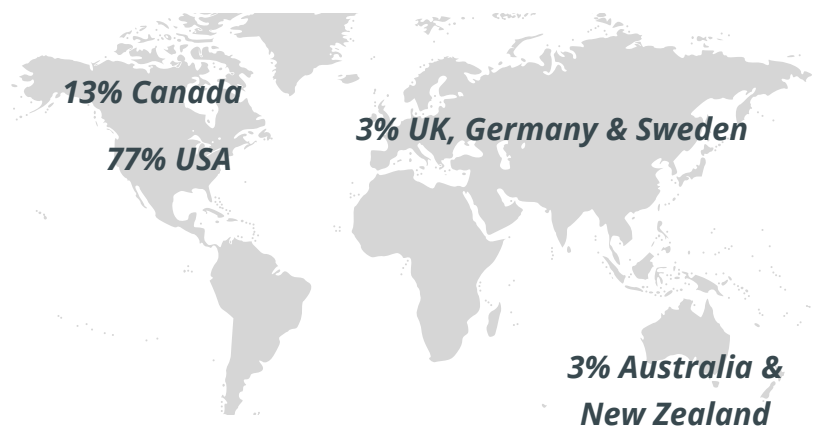
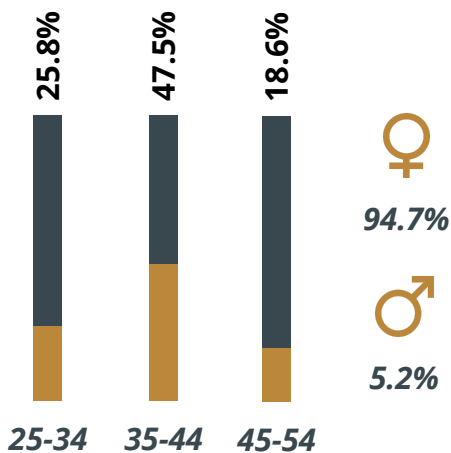
She enjoys a good nature adventure.



She loves knowing why people do what they do and what keeps them motivated.

Audience & Statistics

Heather Chauvin's audience are typically women in their late mid-thirties and forties who are actively pursuing to feel better, stronger, more confident, and live in alignment - whether it is to gain confidence in their parenting and home life or increase profits, sustainably scale or make a bigger impact in their work. Heather's loyal fans follow her everywhere from tuning into her podcast, engaging with her on social media channels, and through her coaching sessions virtually or in-person.



MARKETING CHANNELS

17.7K Instagram Followers

8.7K Avg. Instagram Reach (Monthly)

6.2K Email Subscribers

"Where I am now, compared to before I started with Heather, is just so completely different. I feel like I've found my spark in life again. And it's kind of magical."

Emotionally Uncomfortable

ABOUT THE HIT PODCAST

Recognizing that uncomfortable emotions are the basis to conquer your fear, Heather's podcast focuses on creating the life you actually want, becoming the woman you were BORN to be.

Featuring special guests, thought leaders and solo episodes, this podcast will crack you open and force you to grow. Interviews and storytelling about business, emotional intelligence, creativity, love, being different, parenting, and more.

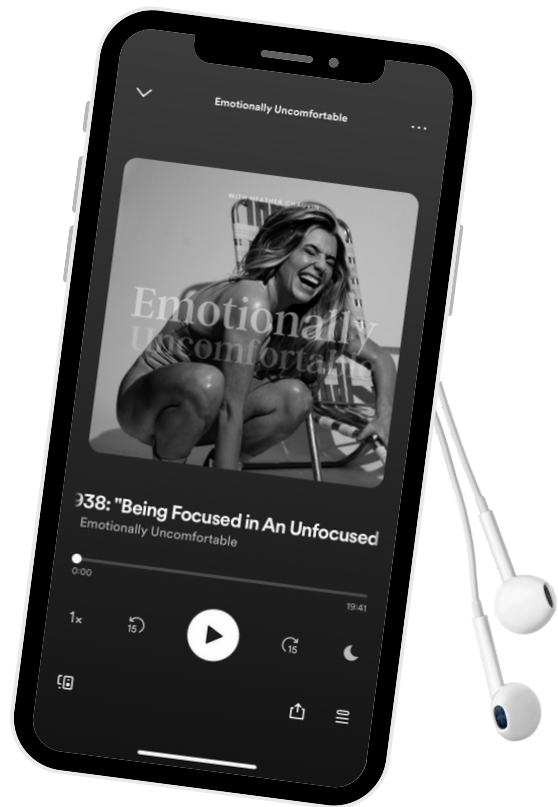
EXPLORE PODCAST

8.4M

Podcast
Downloads

8.1K

Avg. Episode
Downloads



Podcast Ad Rates email support@heatherchauvin.com

Dying To Be a Good Mother

ABOUT THE BOOK

It's time to debunk all the toxic myths about what being a good mother actually is, and let motherhood be a joyful, soul fulfilled self-discovery journey.

"Heather Chauvin's compelling story of loss and ultimate triumph is a testament to the power of the human spirit, and of celebrating both what remains, and what is found, after hitting rock bottom. Her warmth, wit, and shining example will help propel you forward to climb your way to your true self and decide to be the real you."



- **Dr. Edith Eger**, *Holocaust survivor, Bestselling Author, and Esteemed Lecturer*

[BOOK ORDER](#)

[WORKBOOK](#)



Speaking Examples

DYING TO BE A GOOD MOTHER |
HEATHER CHAUVIN | TEDXWINDSOR



TEDx

SURVIVING CANCER | HEATHER
CHAUVIN



SPEAKER SLAM

Interviews & Articles

- ["Working From Home With Kids"](#) *Superhumans At Work* by Mindvalley
- ["Life, Work and Money After Battling Stage 4 Cancer"](#) *So Money* with Farnoosh Torabi
- ["Letting Go Of Mom Guilt, Tantrums & Mindful Discipline"](#) *Wellness Mama Podcast*
- ["Navigating Through The Bullshit"](#) *DRIVE Magazine*
- [5 Ways To Avoid Burning Out In 2020](#) *Forbes*
- ["Taking Back Control Of Your Life & Business"](#) *EOFIRE Podcast*
- ["How To Tell Your Kid You Have Cancer"](#) *Huffington Post*
- [Why Self-Sacrifice Is Hurting Moms + How One Mom "Dropped The Guilt"](#) *Mind Body Green*
- [Beating Overwhelm: A 6 Step Process To Manage Your Energy \(Not Just Your Time\)](#) *The Chalkboard*
- [How To Use Anxiety, Fear, And Guilt To Your Advantage](#) *She Means Business Show*
- [Worthiness, Guilt, and Emotional Regulation](#) *Your Kick-Ass Life Podcast*
- [How To Take Control Of The Life You Want](#) *The Cathy Heller Show*
- [Creating New Conversations Around Motherhood and Entrepreneurship](#) *The Kelly Roach Show for Unstoppable Entrepreneurs*

Topics

KEYNOTES, INTERVIEWS, WORKSHOPS

The Power of Feeling Good: Why we can no longer pretend we don't have time to take care of ourselves.

How to feel alive, energized, and free when the world has different expectations of whom you need to be. Reconnect with the parts of you that want more, so you can give more.

Questions:

- What does feeling alive, energized, and free mean for you in your life?
- Why do you think it is so hard for women, in general, to care for themselves?
- What are some action steps women can start doing today to begin reconnecting with themselves?

Energetic Time Management; Manage Your Energy, Not Time

Learn how to focus your time and energy into high revenue-generating and joy-producing activities so that you can do less and make more

Questions:

- How did you come up with this process and can you provide a quick overview of it?
- Why is it important for women to focus more on energy than on time?
- What is the impact of incorporating this process into your personal life?

How To Break Through Resistance and Master Your Emotions

Using Emotional Intelligence to understand our own fears and how to develop the habit of focusing on courage instead of feeding into our fears. How this perspective and mindset shift is exactly how we are going to see the shift we are all craving.

Questions:

- What do you mean when you talk about emotional intelligence?
- Do you see any common themes with fears from the women you work with?
- How do you begin to develop the habit of focusing on courage?
- Why is this an important habit to develop?

Topics

PROFESSIONAL OR BUSINESS FOCUSED:

Time Freedom: How To Sell Your Value, Not Your Time

Identify what your clients are really buying from you so that you can raise your rate with confidence & never have to sell your time again.

Questions:

- How do you recognize your value?
- What does 'selling your value' even mean?
- Why do people need to know this?

Purpose: Creating Deep Self-Trust & Alignment

Decision fatigue in your work will quickly exhaust you especially when everyone is offering a different solution. Learn how to navigate your options and move forward with confidence through creating deep self-trust and alignment.

Questions:

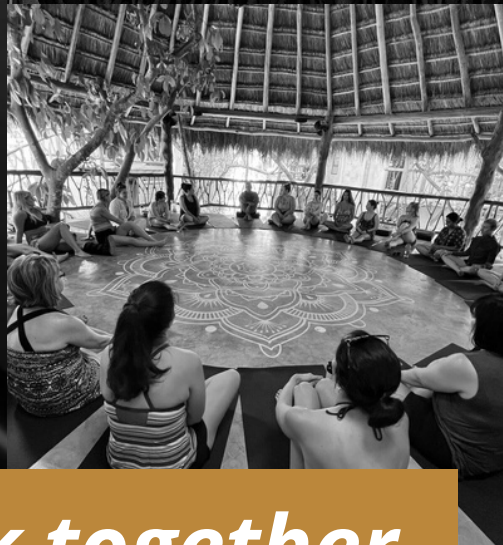
- How do you know if you are struggling with decision fatigue?
- What does it mean to have self-trust and alignment in your work?
- What are some ways that women can create this in their lives?

Finding & Reading Your Ideal Clients Mind

Using Emotional Intelligence to understand our own fears and how to develop the habit of focusing on courage instead of feeding into our fears. How this perspective and mindset shift is exactly how we are going to see the shift we are all craving.

Questions:

- What do you mean when you talk about emotional intelligence?
- Do you see any common themes with fears from the women you work with?
- How do you begin to develop the habit of focusing on courage?
- Why is this an important habit to develop?



Let's work together.

Heather is available for the following opportunities:

- Speaking Gigs
- Guest Posting
- Affiliate Partnerships
- Interviews

**FOR BOOKINGS AND ADDITIONAL RATES,
PLEASE CONTACT:**

Heather Chauvin
heather@heatherchauvin.com

