

DR. JATUN DORSEY

Speaking Topics

Live Full Out: Life on Your Own Terms

With the hustle and bustle of everyday life and the heavy influence of media women constantly battle with feeling unworthy which in turn leads to the inability to recognize their greatness. Acknowledgement of your worth is the first step to pursuing your passion unapologetically. In this presentation, Dr. Jatun speaks on tried and true methods to rebuilding/increasing confidence, realizing self worth and doing more of what you love.

Work-Life Balance: Does it Really Exist

Dr. Jatun discusses signs of imbalance, what happens without it, risks, benefits, time management, and no nonsense tips/tools on balancing.

MISbehavior: 3 Reasons You Need to Get Beside Yourself

During this talk Dr. Jatun shares the importance of mental declutter, igniting your passion, showing up as the best you in order to live fulfilling life. She elaborates on the most common causes of stress, goal setting (do's and don'ts), getting things done, identifying your passion and living your passion. In addition, during this session she discusses why individuals stress, how to management stress, and make room for your success.

Intentional Living: How to Give Life for a Living

During this talk Dr. Jatun leaves her audience more than motivated but forever changed. She speaks on topics such as thoughts become things, the state of being, and living full out. Dr. Jatun shares valuable methods to enjoying a fulfilling life for the rest of your life.

Slam Dunk: 5 Tips to Getting The Goals You Set

With today's fad of vision boards being so prominent for many, they can deem ineffective without proper preparation and implementation. During this session, Dr. Jatun delves into 5 ways to not only set goals but also attain them and subsequently realize continual success.

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