



Fun **FEARLESS**  
Female Series

## Keynote Topics

### Take the Girdle off Your Brain

Rue the day the girdle was invented! Its purpose is to restrain, constrict, and hold it all in. The result: discomfort and pretense. **Many women continue to live with a Girdle on their Brain.** Holding onto false beliefs, obsessions, negativity, and comparing themselves to others. **Delinda will show you how to unlatch the Girdle and set your brain free!** By removing the emotion, showing you the choices you have, and making those choices based on your Core values, Delinda encourages you to let it all out!

### Confidence Mirror

**Who do you see when you look in the mirror?** You? What others say about you? How God sees you? Unfortunately, many of us only see the negative. We allow things outside of ourselves to be the criteria we weigh ourselves against. **Delinda is here to change your mirror. To replace it with the Confidence Mirror so you see the true you, change the narrative you tell yourself, and move toward who you are becoming.** When you look in the Confidence Mirror you will **reflect your WOW factor** and be able to share it with the world.

### Discover your Inner Fun Fearless Female

**Every woman already has everything she needs to be a Fun Fearless Female** - she just may need encouragement and a few tools to access her greatness. **Delinda has helped hundreds of women find the fun and their WOW factor which only they can bring to the world.** It is as easy as ABC: accept, believe, choose. **Join Delinda on a guiltless journey of discovery and find true freedom and joy when you realize you have the ability to Shine.**



## Delinda's Biography

SPEAKER | EMPOWER MENTOR | AUTHOR

Unbounded energy and enthusiasm are two words that best describe Delinda. When she takes the stage, people sit taller and listen harder. Her High-heeled glamor, limitless mindset, and straight talk command the room. Audiences feel an immediate and electric connection with her, they experience her love of being with them and her sincere desire to share practical tools to become more successful: both professionally and personally. They will be taken on a journey, laugh, participate, and discover that life is about the choices we make. Audiences walk out excited to own their choices, take responsibility for their lives, step out of fear, and take action on all they learned.

## What Others Say About Delinda

*"Amazing! Great insight! Women are wonderfully made and can take ownership in that. We can be Fun and Fearless! Thank you for reminding me."*

Denise Green, San Jose, CA