

Wendy Watkins

As an author, international speaker, professional coach and, most importantly, a compassionate human being, Wendy Watkins focuses on uncovering what inspires you so you can create a plan to live your definition of a best life. Over the last 20 years Wendy has coached hundreds of professionals to create both success **and** fulfillment by focusing on the foundation of sustainable joy - that place where happiness stems from the inside out. This is the secret sauce to increased productivity and engagement at work. Wendy's coaching prowess coupled with her authenticity and ability to see things from a fresh perspective, deliver powerful results for her clients.

As a mental health advocate, Wendy Watkins is committed to removing the stigma around mental illness and reminding people that they are not alone. She believes that just because you do not have a mental illness, does not mean you have good mental health. This is her catalyst to sharing a commonsense approach to good mental health. She is an active volunteer with the American Foundation for Suicide Prevention and has raised awareness and lots of money for this worthy cause.