



Bobbie Staten is a funny, funny lady. A rare talent with spontaneous, creative, contagious humor. She delivers clean, original material that leaves the participants laughing, thinking, reflecting, and growing. Her timing is superb her message upbeat her style, entertaining. Bobbie's background as a nurse and business entrepreneur allowed her to see first hand the pain, stress, and frustration that so many people experience at home and work.

Bobbie's topics are a results of her personal battle with life, health, and finding happiness. For years Bobbie felt unfulfilled, working in positions that didn't especially match her talents or natural tendencies. She was unhappy and it showed. She talks of turning life around having the courage to take responsibility for finding one's own happiness. Her message reflects a universal theme as old as time, yet fresh and relevant for today's hectic life style If you have your health and your family, you just about have it all. So lighten up. Take your work, but not yourself, so seriously! Learn to use laughter to let out little puffs of pain!

Once a chronic dieter (the rhythm method of girth control), and an ex-two-pack-a-day smoker, she understands how hard it is to make lifestyle changes. However, firsthand knowledge provides her with a special insight that helps audiences find the courage to take the plunge! In her witty way, she manages to have audiences laugh through topics of wellness, happiness, life and stress management, customer service, and people skills.

Topics:

Wellness

Life Balance

Time Management

Goal Planning

Personality Styles

## Bobbie Staten

### Speech Topics

- Time Management
- Stress Management
- Management
- Life Balance
- Customer Service

