

Quincy WHORF

Quincy Whorf has been a dedicated personal development coach, keynote speaker and workshop leader for over 20 years. Her insights and gift for finding deeper meaning in people's trauma as well as reframing the way someone looks at something, has made her a sought-out communicator and leader in this space. Having worked with hundreds of 1 on 1 clients, as well as groups over the years, she has watched her tools and theories come to life and transform people's lives.

Quincy's firm, Quincy Whorf Consulting, focuses on helping people of all ages find freedom from addiction, trauma, anxiety, depression and perfectionism. Her only hope is to influence people into becoming their highest version of themselves so they can live the life they were meant to live.

PRESENTATION HIGHLIGHTS

Anonymous attendee participation for maximum engagement, live coaching with workshop participants, shared handout materials and participant results from event.



INTERNATIONAL SPEAKER

HELLO@QUINCYWHORF.COM

818.319.2911

CURRENT TALKS

- **“The Power Of Choice”** - A talk/workshop designed for high school and college students to learn about addiction, anxiety, depression, suicide, and how our choices influence our mindset and actions. Using her own experience to relate to kids and getting on their level, she talks with them (not at them) about issues that are behind the problems limiting their lives.
- **“The Comfort of Trauma”** - A motivational talk/workshop to help people identify how to use their trauma for power instead of using it as an excuse for not having the life they want.
- **“The Power of Your Position”** - A talk/workshop designed for the corporate environment on how to build leaders, improve communication and encourage emotional intelligence through self awareness, accountability and mentorship.



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