



Ellen Contente

"My staff was raving about her."

- Jaime Gray, Benefits Specialists; Edwards Life Sciences

"I highly recommend Dr. Contente, you won't be disappointed."

- Candi Judd, H.R. Director; WMWD

PASSION – PURPOSE – PLAY

POPULAR TOPICS

PEACE FOR ALL YOUR PIECES

In this light-hearted program, Ellen shares her secrets of how to juggle the puzzle pieces of work and life without losing your cool, your calm, or your sanity!

This is the perfect program for the stressed and overworked!

WELL, WELL, WELL

Which well is your team drinking from: The Well of Despair, Disillusionment and Disappointment or the Well of Passion, Purpose and Play? Your thinking is what you're drinking.

This talk will prime the pump, caulk unproductive leaks, replace rusty pipes, flush-out negative hard thoughts and replace them with a positive flow!

WHAT'S L.O.V.E. GOT TO DO WITH IT

Loving Oneself Valuing Everyone is the new mantra of today's workforce. This dynamic session about Diversity and Inclusion will open your heart, eyes and ears to the value of L.O.V.E. which, at its core, is embracing Respect and Acceptance for self and others.

AVAILABLE FOR

- Keynotes
- Workshops & Seminars
- General & Breakout Sessions
- Panel Discussions
- Executive Coaching
- Retreats

PARTIAL CLIENT LIST

- Bank of America
- Blue Cross Blue Shield
- Cigna
- City of Los Angeles
- Claremont Colleges
- DeVry University
- Farmers Insurance
- General Electric
- Honda
- JP Morgan Chase
- JetBlue
- KPMG
- PWC
- Paramount Studios
- Toyota
- Verizon
- Walt Disney
- Yamaha



Book Ellen Today!

818.983.1853 | Ellen@EllenContente.com | www.EllenContente.com



Ellen is the Founder and Chief Positivity Officer of Heart-Centered Programs, a training and consulting business **'Empowering People to live and work with more Passion, Purpose and Play'**™.

A positive force for creating healthy change, Ellen believes it's never too late to live the life you've always wanted. Her engaging style connects with people of all walks of life to inspire, build confidence and accountability. She increases retention, strengthens corporate cultures and inspires employees to thrive professionally and personally.



"She pulls the curtain back and allows you to see a Real Person ... her Struggles, Strife's and Lessons!"

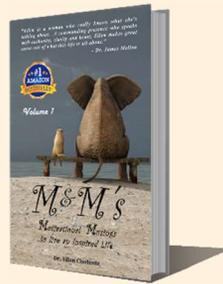
An avid learner, Ellen holds a Doctorate and Masters in Spiritual Psychology, a Bachelor of Science in Management and numerous certifications in training, leadership, and professional development.

A 'Citizen of the World', Ellen currently resides in Los Angeles with her husband, twins, and various cats.

REAL – RELATABLE – RESULTS

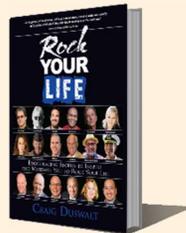
Ellen is the Amazon best-selling author of:

'M&M's; Motivational Musings to live an Inspired Life'



Author of "Wing and a Prayer" in the best-seller:

'Rock Your Life'



Ellen is also the creator of **'Life is a Balancing Act'**, her Signature Program. Transform your life into one that is more satisfying and meaningful. It's OK to let some of the balls drop. So, stop juggling and start living!

And her one-woman show, **'When Bad Blonde Happens to Good Brunette'**. A poignant and humorous personal 'Coming of Age' tale of self-acceptance and self-worth.

Dr. Ellen Contente is by far the best speaker I have had the experience of working with. She was able to really connect with the team, provided rich exercises and discussion and delivered a superb experience overall.

Maria Carrion-Minger
HR Director; SalonCentric

Dr. Ellen Contente's presentations are relevant, up-to-date and very thought provoking which lends to active staff engagement. I highly recommend Dr. Contente to bring her specialty heart-centered sessions to your organization. You won't be disappointed.

Candi Judd
H.R. Director; WMWD

Dr. Ellen Contente puts her heart and soul into her sessions. She weaves just the right amount of personal stories and expertise into her talks, while engaging the audience in a compassionate and thoughtful way.

Ellen Armenta
V.P. BLI



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