



Rochelle Forrest Hankins

Rochelle Has Spoken At:

- Sparks, Kiwanis, Rainmakers
- Successful Thinkers
- IUPUI School of Social Work
- Jasper County Human Resources
- eWomen Network – Cincinnati
- eWomen Network – Indianapolis
- IUPUI Kelly School of Business Entrepreneurs Club

Rochelle Forrest Hankins Keynotes:

I CAN: The Secrets to Leveraging The Power of Words

In this powerful presentation, Rochelle delivers her secret formula (I.C.A.N.) for shifting from lack to abundance. This shift will not only allow you to create a positive mindset but also poise you to be ready to take action in any area of your life.

Your audience members will:

- Receive the definition and implementation steps of the I.C.A.N. formula to expand awareness and create a legacy.
- Understand how just a simple shift can make all the difference.
- Discover the value and power of community

CLIMB

Life is just like climbing a series of mountain peaks. You climb, and you work, and you climb, and you sweat, and you get there! And then you see another peak. Drat! In this presentation, Rochelle shares how to live as we climb and all the tools we need to do that are right there, built into the word. You audience members will learn to CLIMB:

- C** is for Courage-believe in yourself
- L** gives you leverage-build on your experience
- I** is about using your Intuition-listen to your innate gifts
- M** is for Money-It's just energy, don't let it control you
- B** brings us to Blocks and blind spots-don't accept limits, the universe has more power than you can imagine

Enough Is Enough: Time to Move from Pain to Power to Purpose

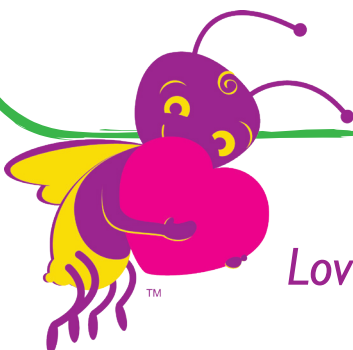
When people are in pain – emotionally, mentally, spiritually or physically, they are operating from a space of low energy and scarcity. Enough is Enough. Your audience members will discover how to appreciate they are enough. They will learn to:

- Embrace their pain, look for the lessons and grow from their past experiences
- Tap into their power and take a stand for their life
- Find their passion and live their purpose



Schedule Rochelle for your next live event, meeting or virtual gathering.

- 🌐 RochelleForrest.com
- ShellyShines.com
- TummiesMindsSpirits.com
- ✉ RochelleForrest11@gmail.com
- ☎ 317-694-1409



Love the Bug!

BIO:

Rochelle Forrest Hankins:

Author and Speaker, Rochelle Forrest Hankins is a passionate and spirited holistic health and transformation coach who has spent a lifetime dedicated to helping other people heal their lives.

Rochelle holds a Bachelor of Science in Nursing, a Masters of Science in Management and the most important designation of all, L.E. (Life Experience).

Wouldn't you like to wake up each morning feeling as though it was Christmas? Rochelle Forrest Hankins has that much joy and enthusiasm for life. Her mission is to teach others to find it too. She combines steps to maximize physical health with heartfelt spiritual and emotional guidance to address the real issues behind the energy drains we sometimes feel. With over 27 years as a Registered Nurse and her own personal journey to draw on, Rochelle makes a personal connection that few practitioners can match.

Rochelle's foundation, Tummies, Minds, Spirits, is supported in part by her children's book Shelly and the Circle of Light and the Shelly Shines Activity Book along with the Shelly Shines online community which encourages philanthropy and community involvement for young people here in the US.

Testimonials:

I've known Rochelle for 15 years and she consistently delivers light and love wherever she speaks. Her message in her books are positive and relevant to the needs of so many who struggle with self-esteem and worthiness issues.

~ Faith McKinney, Successful Thinkers

It's been an honor to know Rochelle for 14 years. Her desire is to make a difference in our world one person at a time. Her message of faith during workshops has opened the door to Amazing change in people lives.

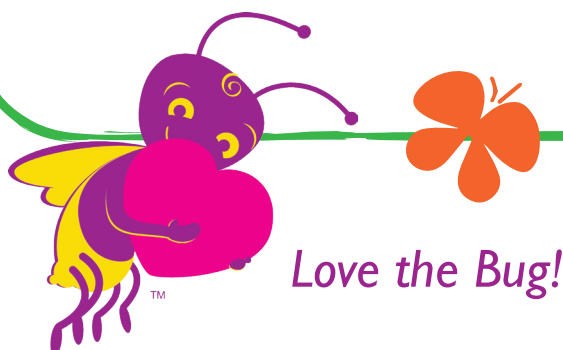
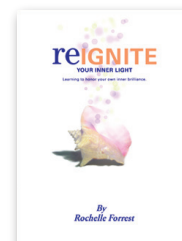
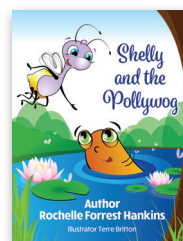
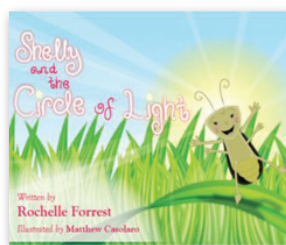
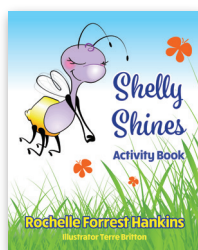
~ Janine Yeager, VP Arbonne International

Through her teaching and speaking engagements, Rochelle, an inspiration to all she meets, has a dynamic personality and the ability for all in the room to feel as if she is speaking directly to them! After meeting and hearing Rochelle's message, you feel you can accomplish greatness!!

~ Tina Hazelip, Deaconess Health Plans

Rochelle has a passion for life and inspiring others to catch fire for their own. That passion really comes through when she speaks. She has spoken at Sparks and we look forward to her next talk.

~ Chris Reed, SparksTalk.com Founder



Philanthropy, or what Rochelle likes to call "love in action", is what drives Rochelle. She knows that when "Tummies, Minds, and Spirits" are fed, people, particularly children, become empowered. To this end she has created her foundation, TMS, which works to implement comprehensive, reproducible models of education and life skill training that communities can use to break the chain of poverty at the community level, focusing on children.