

Heather SAYERS LEHMAN

AUTHOR
FOUNDER
WELL-BEING SPEAKER



Practical Solutions to Overcome Obstacles & Lead a Happier & Healthier Life

Heather Sayers Lehman, MS, CHWC, CIEC, NASM-CPT, CSCS, CWP has been supporting health and wellness for over thirty years. She is a TEDx speaker, author, and weight-inclusive wellness strategist. Heather created Overcoming U - Cultivating Employee Well-Being to bring virtual wellness solutions focused on behavior change to the workplace. Heather's experience in health coaching, personal training, and intuitive eating counseling help her to create comprehensive health and well-being courses. They support mindset shifts and practical skill sets to improve stress, energy, and overall health.

Heather founded Alliance for Weight-Inclusive Health (AWIH) to support improving the many facets of health without focusing on weight. AWIH works to eradicate health misinformation, weight stigma, and eating disorders while improving healthcare interaction quality, body image, and health sustaining behavior adoption. She educates individuals and trains other health providers on weight-inclusive policies and practices.

SPEAKING TOPICS

Reclaim Your Peace of Mind:
Stop Obsessing Over Dieting,
Tracking, Weighing & Food

Taking the Weight Out
of Wellness: Prioritizing
People Over Numbers

Moving Beyond Stress & Pressure:
Overcome the Distraction of
Worry, Stress & Burnout

ENGAGEMENTS



Cigna®



"It was my honor to have Heather speak at ASU's WP Carey annual "WP Carey Talks." In front of a room full of A-type personalities, Her insights and knowledge of wellness, accompanied by her communication and presentation skills, were extremely well received and the event highlight for many in attendance.

I can highly recommend Heather to any individual, group, or organization. Her value is immeasurable, and many positive outcomes of her presentation(s) are instantaneous. Heather is a true value."

Asher Spittler, Curator - WP Carey Talks