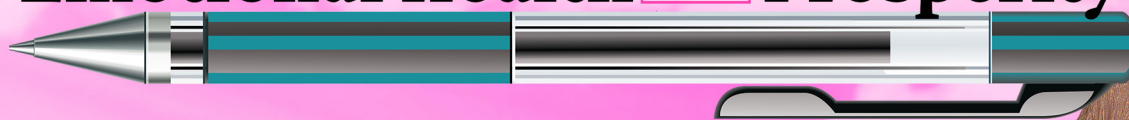


Grateful Reflections

Journal Your Way TO Emotional Health AND Prosperity



Sharon Wallen,
Author/
Speaker

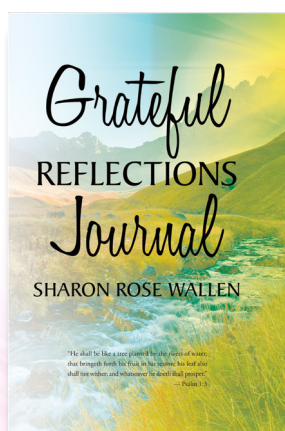
With a world seemingly out of control, and people living with fear and uncertainty, there is no better time to find some internal peace. The best way to the path of peace that is through Grateful Reflections.

Sharon Wallen is a National Board-Certified Teacher, Author, and Lifetime Achievement Award Recipient from Marquis Who's Who. She has worked with children, families, and the Miami, Florida community for over 30 years. With an understanding of the challenges we all face on a personal and global level, Sharon has answers for our pressing fears and concerns. She is a deep well of wisdom and experience, filled with insight for troubled times. *SharonsAffirmation.com* offers weekly hope and inspiration - a lifeline for all who are searching for answers and a more fulfilling life.

A proponent of compassionate classroom culture, Sharon Wallen has worked with children and

adults from all walks of life, using Brain-Friendly Strategies, Fairness, Critical Thinking and Creativity. Believing these positive approaches can also be utilized in business, in corporate culture for overall wellness and productivity, Sharon is leading the charge to bring a message of hope and direction for a better life

and an optimistic outcome. Sharon's new program, *Pace Yourself for Personal Focus, Productivity and Victorious Living*, will soon be available on her website. Sharon's book: **Grateful Reflections Journal**, is available on Amazon.com.



Sharon is available to speak to HR, team leaders, professional groups, wellness, educators, businesses, entrepreneurial groups, universities, PTA, youth groups, etc.

Speaking Topics for virtual and live keynotes, lunch & learns, workshops, podcasts and webinars include:

The Benefits of Emotional Intelligence and Goal Setting to Positively Impact Productivity

Self-Management, Self-Awareness and Effectively Managing Relationships with Others

Journaling Benefits and Gratitude Habits

Reduce Anxiety and Provide a Proven Method to Health and Wellness

Brain-Friendly Strategies and Their Influence on Classroom Culture

Create a Reciprocal Open and Optimistic Learning Environment, Maximizing Potential

Private Habits that Set You Up for Public Victories

Affirmations, Goal Setting and Gratitude - The Internal proactive practices that anchor growth personal development

Contact Sharon



www.GratefulReflectionsJournal.com

Sharon@GratefulReflectionsJournal.com

**Lifetime
Achievement
AWARD
RECIPIENT
2021**

