SPEAKER PROPOSAL

Patience Murray
January 5th, 2026

SUSTAINING WOMEN'S VITALITY ACROSS LIFE STAGES

Website Development Projects for business

DESCRIPTION

Women often serve as the central force sustaining the health, energy, and stability of their families and communities—yet their own well-being is frequently maintained through depletion rather than restoration. This session explores women's health through a preventive, lifestyle-based lens, examining how daily habits, stress physiology, and physical recovery shape long-term vitality across different stages of life.

Drawing from lived experience, postpartum recovery, and holistic health principles, this talk reframes women's wellness as an interconnected system influenced by belief patterns, nervous system regulation, and physical nourishment. Attendees will gain insight into how sustained stress impacts energy levels, consistency in healthy behaviors, and overall resilience, as well as why many effective wellness practices require patience and persistence before measurable results appear.

This session introduces accessible health promotion strategies that support nervous system balance, improve energy sustainability, and encourage long-term adherence to healthy routines. Emphasis is placed on realistic lifestyle interventions—including movement, grounding practices, and intentional self-regulation—that women can integrate into daily life to support recovery, prevention, and overall well-being.

Designed for women seeking sustainable approaches to health, this session empowers participants to strengthen their own vitality while continuing to serve as anchors of wellness within their homes, workplaces, and communities.

INTENDED AUDIENCE

Women, mothers, caregivers, and women seeking sustainable, lifestyle-based approaches to health and wellness

KEY TAKEAWAYS

- Understand how prolonged stress and energy depletion impact women's physical health
- Learn lifestyle-based strategies that support nervous system balance and vitality
- Apply practical health promotion practices that support long-term wellness and prevention