

DR.
Cindy!



Speaker Kit

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DR.
Cindy!

Dr. Cindy's No Stranger to Wowing Audiences



For more than fifteen years, Dr. Cindy has left a wake of smiles down the audience aisles. As a medical professional, she's been on stage with plenty of doctors in the audience—tough crowd!

She's spoken to tens of thousands of people—from intimate groups, where she's facilitating discussions, to several thousand people at a time, when she's featured in the "big show." Either group size or somewhere in between is always where Cindy feels most alive.

“!”

“Dr. Cindy M. Howard is outstanding! She instills laughter and inspiration in every presentation. Her journey not only inspires you both personally and professionally, but she also engages audiences in opening their hearts and minds. Book Cindy for your next event if you want a message that motivates and resonates.”

—Kristi Hudson, CPCO, vice president of business relations, ChiroHealth USA



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Introducing Dr. Cindy!

Dr. Cindy M. Howard spent her youth at two opposite ends of the athletic spectrum: participating in professional dancing, thanks to hours of watching Solid Gold, and competitive powerlifting, winning titles in both bench press and dead lift.

Today, Cindy excels as a board-certified chiropractic internist and nutritionist, running her own successful practice. She keeps a packed schedule, treating pediatric patients, professional athletes, and everyone in between with conditions ranging from fatigue to autoimmune disease.

Cindy diagnosed herself with Hodgkin's lymphoma, and that soon became the test for what she has always believed: We get to choose how we approach our lives, how we react to what the universe throws at us. Her new book, *Positively Altered*, celebrates this belief system.

When Cindy's not seeing patients or speaking onstage, she's navigating life in the South Suburbs of Chicago with her boyfriend, Keith, and her three amazing kids.



“!”

“Dr. Howard is a world-class presenter who knows how to captivate and inspire an audience. Her passion for helping and healing people is present in every message she delivers. She has an incredible gift for informing, entertaining, and moving an audience to action, even with the most challenging of topics.”

—Paul Timko, vice president of sales and marketing, Stopain Clinical



Dr. Cindy's Book

Thirty-four stories,
three postscripts,
and one big message:

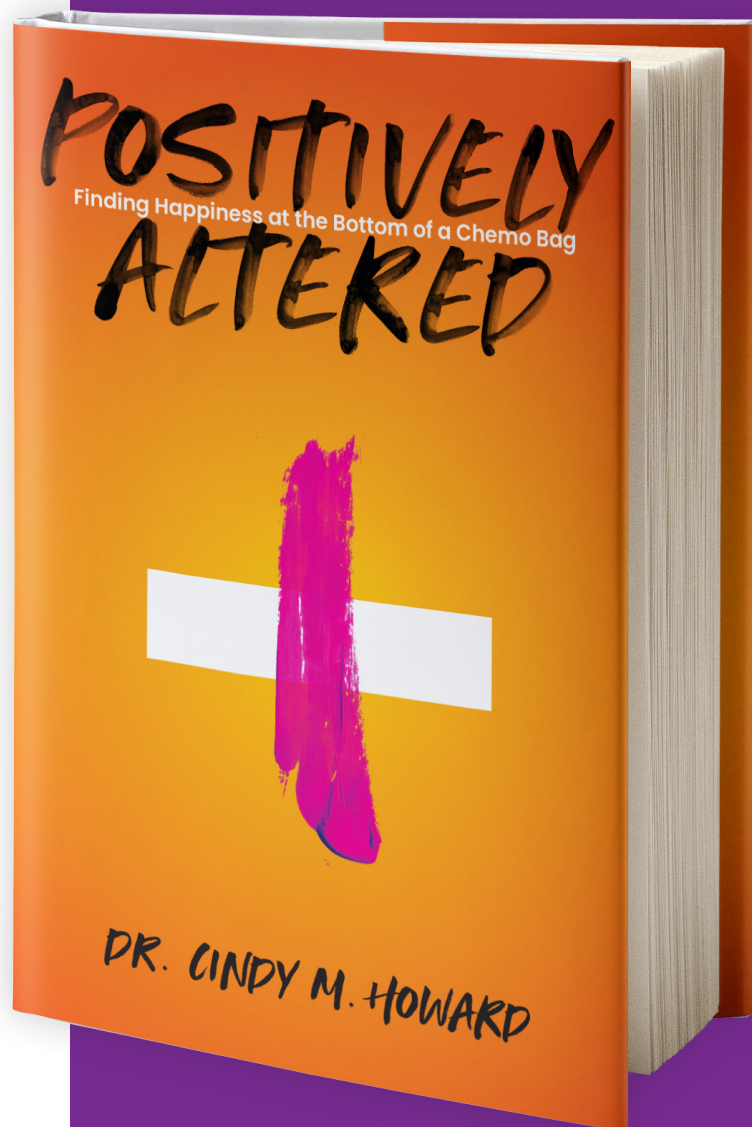
***Positively Altered* is a call to action for every one of us to unapologetically live and love our own way no matter what challenges life brings.**

Positively Altered is about how to find happiness in the rarest of places—for starters, at the bottom of a chemo bag.

In a collection of raw, in-the-moment stories that come to life with self-deprecating humor and a hearty dose of reality, Cindy doesn't sugarcoat her journey any more than she bemoans her fate.

A roller coaster of both laugh-out-loud and tender moments about love, parenthood, friendship, and cancer, Cindy's message packs a punch and delivers an honest look at life and how adversity can positively alter it.

From her "Fifty-One Things" list and duplex theory to her "Two-Martini Accident," Cindy's stories will be that nudge you've needed to see things more clearly and settle more confidently into the superhero that's you. So grab your cape and join Cindy on page 1 . . . or page 67 if you're in a hurry.



“!”

“Dr. Cindy Howard’s story is a lively and engaging read—raw, honest, and often hilarious. You’ll have moments where you go ‘Ow!’ or ‘Eeeww’ or ‘Seriously, you did what?!’ . . . It’s a vital read for anyone who wants to harness self-awareness and do life their own way.”

—Edith Forbes, author of *Alma Rose*,
Nowle’s Passing, and *Tracking a Shadow*



Dr. Cindy's Keynote Programs

Cindy has always been a fighter. Life has put her in the ring with some big opponents. Blending her medical know-how and sharp wit, Cindy shares her insights and inspiration with a warmhearted delivery that audiences find authentic, informative, and entertaining.



1

How to Make Humor Your Competitive Advantage

Dr. Cindy Shares a Leadership Approach to Wellness Using Tools You Already Have

People are tired of feeling tired. Employees are thirsty for a culture that feels more human and centered on well-being. In this lively and entertaining delivery, Dr. Cindy shares that leadership and levity doesn't mean less credibility—it means more loyalty. Dr. Cindy's message is like a shot in the arm you've actually been waiting for.

Keynote Takeaways:

- ! Elevate your leadership outcomes by applying her engagement strategy.
- ! Leverage humor as a multiplier for leadership traits that help you connect with others.
- ! Discover how to attract the leadership behaviors you're looking for from your employees.
- ! Learn how to pressure-test your team so they're buoyed by your positive influence.
- ! Improve training outcomes and boost confidence and motivation in the workplace.

2

Finding Happiness (and Other Life Essentials) at the Bottom of a Chemo Bag

Dr. Cindy's Walk Through Adversity Is Your Guide to Wellness

Keynote Takeaways:

- ! Find out why opening yourself up to challenges actually works better than avoidance.
- ! Learn how to live boldly in the midst of chronic stress and in the face of adversity.
- ! Discover how to strengthen your well-being when confronted with big decisions.
- ! Unpack one of the best ways to pressure-test yourself and your workplace.
- ! Live unapologetically with your choices and eliminate thinking that causes stress.



Dr. Cindy's Workshop Programs

The Key to Happy Employees Is Healthy Employees: Boost Your Body and Mind

Any of the workshop topics below can be customized for keynote programming.



1

Discover the Multifaceted Secrets of Your Gut Health *90 minutes*

- ! Did you know that gut health is the cornerstone to feeling good mentally and physically?
- ! Fondly called the "Poop Doctor," Dr. Cindy loves all things related to your digestion.
- ! In a fun, lively, and informative delivery, she can help you explore the secrets behind better food choices and nutritional options so you can live your best life and career.

2

The Silver Bullet to Understanding Your Blood *90 minutes*

- ! Knowledge is power and testing your blood is the key to that knowledge.
- ! Dr. Cindy is happy to arrange easy blood testing for large groups and deliver follow-up breakout sessions or workshops to address audience questions and provide aggregated insights into what your results are telling you.
- ! From nutrition and hormones to gut health and fatigue management, Dr. Cindy is there to help you understand one of the most effective ways of diagnosing and understanding your overall physical well-being.

3

The Power of Perception: How to Shape Reality Through Mindset and Response *90 minutes*

- ! Did you know your mind and stomach are connected? It's time to follow your gut versus the rut. Too often, people impose "rut thinking" on you. Instead, get clear on and choose what you want your reality to be.
- ! Dr. Cindy will help your audience discover clarity in specific areas of their lives (career, personal time, and relationships) by walking them through several exercises that were instrumental during her walk through adversity.
- ! Participants will come away with a better understanding of their priorities and preferences, and will emerge with foundational thoughts that point to their life's purpose.