

Audiences love her regal presence, humor and wisdom, as they learn practical tools and solutions to vitalize their lives, organizations and businesses. The benefits are healing, empowering and liberating for them and those with whom they work. Succinctly put, Harriet is a natural leader and seasoned professional who works magic!

## Your Guide to Be, Fulfilled and Free

### Talk Titles

- 5 Essential Tools to Co-Lead the Revolution
- BodyMindSpirit Fundamentals for Feminine Leadership
- Follow Your North Star to Freedom
- If You're Not Living Your Soul's Calling, Who Is?
- Born to Be Free, Reclaim the True You
- Self-Care and Soul Care Practices for Women Leaders
- From Stress to Success in 3 Months or Less
- Activating Women's (R)evolutionary Leadership
- Resistance or Revolution to Fuel Global Transformation
- 5 Strategies to Thrive with Creativity in Community



***"Thank you SO much for your participation, encouragement and love during the telesummit. I so appreciated your calm presence." -Tamra Fleming, Creative Soul Telesummit Coordinator***

***"I thoroughly enjoyed your presentation and the way you channeled Harriet Tubman during your informative talk! POWERFUL! Keep up the work that you do, Harriet! You indeed elevate minds and encourage Souls!" -Carmen Stone, Event Producer***

***"It was truly an honor to witness and capture your powerful and artistic presentation." -Ron Coquia, Coach, Messenger, Producer***



### CONTACT

[harriet@thewrightresort.com](mailto:harriet@thewrightresort.com)

<https://www.thewrightresort.com/speaking-2/>

<https://www.facebook.com/thewrightresort.bodymindspirit/>

<https://www.linkedin.com/in/harriet-tubman-wright-9a875210/>

510-882-9838



## Your Guide to Be, Fulfilled and Free

The Wright Resort was initially created because I wanted a place to take care and be taken care of, a BodyMindSpirit Retreat Sanctuary where women like me could be free from worry, stress, overwhelm from family responsibilities or work that drained their energy and spirit. Therefore, a place to relax, learn proven self-care practices, to restore health, well-being and peace of mind.

Recognizing that self-care and soul care practices are essential to sustain a healthy, purposeful and prosperous life, led me to write *Releasing Stress, Creating Serenity, A BodyMindSpirit Self-Care Primer for Busy Women* with the message that self-care is not selfish, but necessary to serve and support others from a well-spring of vigor, vitality, love and light.

Health and well-being includes the freedom to follow your North Star, to fulfill your Soul's Calling, dreams and passions; the freedom to use your soul-aligned gifts to heal and transform others, which I do now as Director of The Wright Resort, Your Soul Safari to Success and your Guide to Be, Fulfilled and Free!

**Accomplished Speaker/Storyteller • Published Author/Poet • Seasoned Metaphysician  
Person-Centered Expressive Arts Facilitator • Initiated Elder and Priestess**

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