



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; thus, a place to relax, learn proven self-care practices to restore health, well-being and peace of mind.

Self-Care and Soul Care practices are essential to sustain a healthy, purposeful and prosperous life. Therefore, I was led 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**

CONTACT

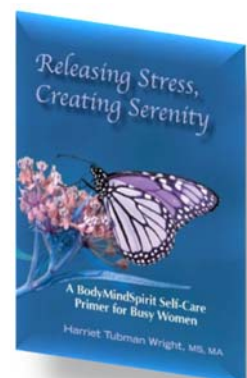
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Audiences love her regal presence, humor and wisdom, as they learn practical tools and solutions to vitalize their lives, businesses and organizations. The benefits are healing, empowering and liberating for them and those with whom they work. Succinctly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

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Talk Titles

- 3 Keys to Breakthrough Self-Imposed Boundaries and Barriers
- 5 Essential Tools to Co-Lead the Revolution Now
- 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
- Activating Women's (R)evolutionary Leadership Now!
- 5 BodyMindSpiritSoul Keys to Leadership Success
- 5 Tools to Thrive with Creativity in Community
- 3 Keys to Experience the Rewards and Responsibilities of Elderhood



"Harriet is a treasure. Her talk on Thriving with Creativity in Community was delightful, engaging and spirited. She quickly earned the enthusiastic participation of everyone. They enjoyed connecting through creative arts, with Harriet as their resourceful and masterful facilitator. I highly recommend her for presentations. -Pat McHenry Sullivan, Everyday Genius

"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



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