



ABOUT SUE URDA/BIO:

Sue Urda is your *Good Vibes Guidess*. She has impacted thousands of individuals through her transformative talks and inspirational writings that teach people to embrace the power of feeling good. She is a two-time honoree on INC Magazine's list of the 500 Fastest-Growing Private Companies, and she is an award-winning and Amazon #1 bestselling author. As co-founder of Powerful You! Sue has connected thousands of women for business, personal, and spiritual growth, and she has helped more than 300 women achieve their dream of becoming a published author. Sue is passionate about helping people make meaningful decisions that they feel good about and move them to actions that are aligned with their values. Sue loves assisting women to *find the feel good and live in that space every day*.

SUE'S BOOKS:

- Good Vibrations: Feel Good No Matter What ~ Launches January 2019
- Powerful Intentions, Everyday Gratitude, Books I and II
- Also, Sue has compiled 13 anthology books with stories by 300 co-authors

SAMPLE VIDEOS/SUE'S MESSAGE: <https://www.sueurda.com/videos/day-1/>

Sue created a video series based on her books that includes thoughtful and motivating life examples, inspired action steps, and daily gratitude and intention statements. These videos provide a sampling of Sue's style and messaging.

WEBSITES: SueUrda.com ~ PowerfulYouPublishing.com ~ PowerfulYou.com

PRESENTATION TOPICS: (Sampling)

Sue's exciting & interactive presentations help women grow, connect, and feel better in their lives. Sue is happy to customize a presentation specifically for your group.

Good Vibrations ~ How to Feel Good More Often and with Ease

Learn daily, simple yet profound practices and disciplines to stay positive no matter what's happening around you; Two simple strategies to keep from spiraling downward when not so good things happen; and how to harness, cultivate, and share good vibes.

Gratitude is the Gift You Give Yourself

Did you know that gratitude can change your life? You'll learn to adopt a gratitude practice as an integral part of your days to experience more satisfaction, contentment, peace, and joy in life. As you appreciate more, you'll attract more to feel good about.

Everyone has a Story ~ What's Yours? Leaving a Legacy of Lessons and Love

People love to tell stories! It's how we learn and grow, it's how we share ourselves, and ultimately, it's how we make an impact on those we love and the world. Whether you're writing or speaking your story, you'll learn how to make an even bigger impact.

Sue is available for speaking engagements, interviews, and book signings.

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