

# JACKIE WOODSIDE

Jackie helps busy, overwhelmed professionals organize their thinking and their lives so they feel greater meaning and purpose without running around feeling strapped and crazy busy all the time.

*"I have truly enjoyed working with Jackie Woodside. Her deep wisdom combined with her confident energy and contagious enthusiasm leaves us inspired with greater understanding of what is possible."*

Kristen Preud'homme, Vice President Communications  
Unity Worldwide Ministries

Leader in the Consciousness Movement  
Human Transformation Expert  
Professional Speaker



Many books promise to change your life.  
Applying these principles will make this a reality!

Shannon Lutz

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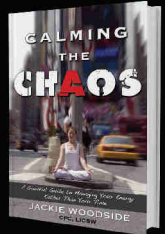
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Igniting the Flame of Infinite Possibility



## JACKIE WOODSIDE

Jackie Woodside is the founder of the Woodside Wellness Institute, a holistically-oriented center offering coaching, spiritual retreats, professional development training and consciousness-based psychotherapy. Jackie created a spiritually-oriented coaching program entitled, "The Curriculum for Conscious Living" which includes three courses: Life Design, Life Mastery and Living a Transcendent Life.

A highly-acclaimed and dynamic speaker, Jackie's engaging style fits many sectors and audiences. She has commanded platforms from corporate training events and keynote addresses, to speaking for large spiritual centers, as well as non-profits and the health and human services sector around the country. Jackie delivered her first TEDx talk in 2012, and is on the leadership faculty for the Massachusetts Executive Office of Health and Human Services training mid and senior level executives. Jackie has spoken at national and regional conventions for Unity Worldwide Ministries and has also been a featured speaker for the Unity Institute and Seminary.

Jackie is an Amazon Best Selling author of "What If It's Time for a Change?", a contributing author in the award-winning book "Conscious Entrepreneurs," and has been a regularly contributing author to Unity Leaders Magazine as well as The New Face of Leadership Magazine in a column called "Coaches Corner." Her second book "Calming the Chaos: A Soulful Guide to Managing Your Energy Rather than Your Time" will rock your world. Be sure to check it out!

*"Jackie is a dynamic and powerful speaker. Her ability to ignite any audience is remarkable. Anyone who attends one of her sessions will find this extremely valuable. The participants were very impressed, the feedback was extremely positive, and her knowledge was awe inspiring."*

~Jeri Kroll  
Director of Training  
Center for Professional Innovation

*"Faith is the space between your dreams and their manifestation."*

Jackie is available for  
speaking and media bookings.

*"When you intentionally create and declare the context of your life, you are establishing a sense of personal power."*

**DYNAMIC SPEAKER**

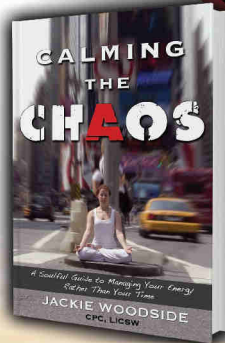


"I was particularly impressed with Ms. Woodside's energetic and holistic approach to Transformational Leadership! Jackie inspired my team who felt rejuvenated by her articulate and passionate keynote."

~G. Lynn Odom, M.S.  
Statewide Coordinator of Deaf Services  
Department of Social and Health Services

**CHECK OUT MY LATEST BOOK**

AVAILABLE WORLDWIDE ON JANUARY 27, 2014



Far too many people in contemporary culture feel they don't have enough time to "get it all done." The stress of this chronic overwhelm creates a disorganized mind that leads to a chaotic life. Based on her highly acclaimed "Energy Management" workshops, and drawn from over 25 years of counseling and coaching experience, professional trainer and speaker Jackie Woodside shares her breakthrough methods that lead to becoming the least stressed, most productive person you know!

**Part philosophy, part psychology, fully practical application, you will learn:**

- Why there is no such thing as time management and what to do instead.
- How to manage your energy instead of your time and stress.
- The three-step formula for managing every component of your life for the rest of your life!
- Why "to-do lists" are a set up for failure and what really works.
- "The Three Strikes Rule" that will end procrastination for good!
- How to always know that you have the time for what you want and need to do!