

Dawni
CARTER IDDINS

WOMEN'S SPEAKER AND TEACHER

SPEAKER KIT



ABOUT DANI CARTER IDDINS

Dani Carter Iddins is a women's speaker, motivational teacher, certified group fitness instructor, and founder of Taking Back YOU, an online community for millennial mamas who are dealing with the ever present struggle between being both a good mom and more than a mom at the same time.

She specializes in offering engaging and interactive talks and workshops where participants learn about health and wellness, fitness, empowerment, reclaiming themselves, goal setting, and self-care.

Her motivational teachings are featured on her weekly podcast: The Taking Back YOU Momcast. Through her podcast, Dani helps young mamas who are "in the trenches" of motherhood reclaim themselves so that they can follow the dreams that they have on their hearts.

Her heart for women, especially mamas, shines through as she aids them in navigating their dreams, goals, and aspirations by empowering them with the tools they will need and offering non-judgmental support as they strive to make their desires their reality.



TAILORED TALKS AND WORKSHOPS

Dani Carter Iddins is a women's motivational speaker and workshop facilitator based in Indianapolis, IN. Through her engaging and interactive talks and workshops participants learn about health and wellness, fitness, empowerment, reclaiming themselves, career building, the power of female friendships, goal setting, and self-care.

Presentations can range from 30 minutes to a full day. Talks and workshops can be tailored to suit your organization or group's specific needs. Consider her for moms and/or womens groups, workshops, conferences, women's retreats, or any event you are planning.

"Exactly one person has to believe in you... YOU."

Dani Carter Iddins



TOPICS DANI CAN SPEAK ON INCLUDE:

Taking Back YOU

How to bridge the gap between being both a great mom and more than a mom at the same time.

Self-Care: 101

Self-care isn't selfish, it's necessary. It's not the latest fad, it's what you need to practice so that you can live your best life in 2020 and beyond.

The Importance of Female Friendships

Motherhood is hard. And making friends as a mom is even harder. Learn why female friendships are so important and how to make them.

Get Your Life Right

Learn the 3 Essential Principles for "Getting Your Life Right", and how to incorporate them into your everyday life.

How to Ensure Your Goals are S.M.A.R.T.

S.M.A.R.T. goals are great goals, and great goals get achieved. Are your goals S.M.A.R.T. enough to get you where you want to be?

Reclaiming Yourself From Your Past

This talk will help women learn to live in, and more importantly, embrace, their present situation and use it to their advantage.

You Can't Pour From An Empty Cup

Often times, mamas give and give, without remembering to recharge themselves. Learn how to take care of you.

Yes, You Can. And Yes, You Will

We are often our own worst enemy. But what if we truly believed we could, and then went out and did it?

Health, Wellness, and Fitness Topics

A number of talks on Health, Wellness, and/or Fitness can be tailored for your specific situation.



WHAT ARE THE BENEFITS?

Feedback from Dani's talks report some of the following benefits.

- A sense of inspiration and encouragement.
- A greater sense of self-awareness.
- The permission to have dreams and follow them.
- The ability to take the steps toward completing goals and plans.
- A greater sense of satisfaction as a mother and wife.
- Improvements in relationships and communication.
- More passion and purpose in everyday life.
- Improvements in physical and mental health.
- A community to share and grow with.
- The ability to tap into deeper feelings and ask for guidance and help.
- Better productivity.

INTERESTED IN BOOKING DANI FOR A TALK OR WORKSHOP?

Get in touch via phone, email, or social media.

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