



WENDY DUNCAN  
International

## De-STRESS

A member of the Seibold Success International Speakers Network, Wendy's De-STRESS program, "Simple Techniques for Radically Eliminating Severe Stress" was such a success with Wendy's private and corporate clients, that her program and trainings are now available at De-STRESS seminars, retreats, for keynotes and the all-new Balance in a Box corporate program.

"Wendy Duncan will help bring you the positive results you have been looking for in your life, and your business. Her workshops have helped me and my team focus on new innovative ideas that took our company to the next level. I would recommend Wendy Duncan to anyone wanting to improve self confidence in making their life, team, or business exactly what they want it to be."

"Providing people the tools to prevent and release stress, enhance clarity and focus, improve memory, and boost morale and overall wellbeing."



*Wendy Duncan*

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# MEDIA KIT

# AUTHOR/SPEAKER PROFILE

## Upcoming Events

### Think & Grow Rich Mastermind Book Study

Beginning April 19th, from 11 - 12 pm, at Healthy Habits, in Redmond.

Wendy will be facilitating 15 weeks of book study on this tremendous book, written by Napoleon Hill, back in the 1930's.

### Momentum Monday

You can catch Wendy at Momentum Monday, today, from 12 - 1 pm, at The Loft of Bend. Come for some MindFitness training.

### Think Tank Tuesday

Beginning Tuesday, April 19th, from 12 - 1 pm, at Healthy Habits in Redmond. More details to come.

### De-Stress Seminar

Thursday, March 31st, at Healthy Habits, 222 NW 7th Street, in Redmond, 5:30 - 7 pm. Bring your significant other, your teenager, your mother or your best friend!

Learn to develop a high performance mind to eliminate your bad stress.

'America's expert in programs that help people eliminate the bad stress from their lives..'



**Wendy Duncan**, a Bob Proctor Life-Success Consultant, is the founder of the Wendy Duncan International De-STRESS Training Center which opened to new clients in October of 2008.

Wendy dedicates her life to providing people the tools to prevent and release stress, enhance clarity and focus, improve memory, and boost morale and overall wellbeing.

A member of the Seibold Success Network which is an International Speakers Network, Wendy's De-STRESS program, "Simple Techniques for Radically Eliminating Severe Stress" was such a success with Wendy's private and corporate clients, that her program and trainings are now available at De-STRESS seminars, retreats, keynotes and the all-new Balance in a Box corporate De-STRESS program.

Through her LifeSuccess coaching and De-STRESS program, Wendy helps corporate, consumer and group clients take control of their life instead of allowing the rest of their world to be in control. Wendy's expertise, integrity and intuitive ability to guide others towards stress-free balance makes her a trusted and respected resource amongst everyone she works with.

"No matter how much you think you know, there is always more to learn. That is exactly why I attend Wendy's programs. I learn tips each week that I can implement immediately in my daily life. Wendy's presentation style, I believe, is the reason why so many of her attendees keep coming back for more. I have so many colleagues that I think of when I'm sitting in class, thinking, 'I wish so-and-so were here. They would love this!' Thanks, Wendy, for your commitment to assisting people to see how powerful they really are!" – Nancy Pearson

## Keynotes and Workshops

Wendy Duncan is an expert in stress management programs that help people eliminate the stress from their lives. She uses a practical, hands-on approach with her clients to assist them in changing their mindset to reduce STRESS, and to reach success. Her refreshingly candid and effervescent speaking style leaves her audience inspired and ready to take action. Wendy's inspirational and empowering keynote address can be tailored for organizations, associations, workshops and conferences, and corporate meetings.

You can tell us the subject that you want Ms. Duncan to present, or choose from a list of her standard keynote topics:

Say Bye Bye to Burnout

Boosting Performance

Bad STRESS Blues

Higher Mind Fitness

Migraine Masters

Intentional Living

# RECENT PRESS

## Wendy Duncan International Helps Clients Find Balance, Inside and Outside the Box

**For Immediate Release** | 12/22/2010 Bend, OR — Already a leading expert in stress management products and programs that help people eliminate the bad stress in their lives, Wendy Duncan of Wendy Duncan International is revolutionizing how her clients deal with all types of stress through the recent addition of two new stress programs, Healthcare De-STRESS and Corporate De-STRESS, as well as a new series of coaching programs for businesses and healthcare professionals.

“Stress-related downtime costs American companies millions annually and costs workplace individuals their happiness, their health and their lives,” says Duncan. “I have the tools to help my clients do something about that.”

Wendy Duncan's Balance-in-a-Box program provides powerful, practical, hands-on tools to enhance performance, productivity and memory, boost energy and self-esteem, and promote the overall health of individuals, teams and organizations in the workplace. Today's fast-paced, demanding work environments present challenges for businesses and their employees. Stress, a lack of communication and cooperation skills, low morale and motivation, and general mood can prevent individuals and teams from optimum mind performance, both on and off the job. “We've learned a lot about stress and its effects in the workplace over the last few years, and now it's time to take the next step in applying what we know.”

“I couldn't be happier than to be able to offer programs that bring positive results to my clients' lives,” says Duncan. “At Wendy Duncan International, our programs and workshops are helping individuals and teams put new thoughts and ideas into action that remove the stress from their lives and take them or their company to the next level.”

Wendy Duncan's clients can choose from a series of custom workshops and retreats that range from half to full days, and can be scheduled for individuals, teams and organizations. Workshops and courses can also be customized based on the needs and issues within each organization or group. For additional information, visit: [wendyduncan.com](http://wendyduncan.com).

**About Wendy Duncan International** Wendy Duncan, a Bob Proctor LifeSuccess Consultant, is the founder of the Wendy Duncan International De-STRESS Training Center which opened to new clients in October of 2008. Wendy dedicates her life to providing people the tools to prevent and release stress, enhance clarity and focus, improve memory, and boost morale and overall wellbeing. A member of the Seibold Success International Speakers Network, Wendy's De-STRESS program, “Simple Techniques for Radically Eliminating Severe Stress,” was such a success with Wendy's private and corporate clients that her program and trainings are now available for De-STRESS seminars, retreats, keynotes and the new Healthcare and Corporate De-STRESS programs. Through her LifeSuccess coaching and De-STRESS programs, Wendy helps corporate, consumer and group clients take control of their life, instead of allowing the rest of their world to be in control. Wendy's expertise, integrity and intuitive ability to guide others towards stress-free balance make her a trusted and respected resource amongst everyone she works with.



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# GET IN TOUCH

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Wendy is available for keynotes as well as motivational and inspirational speeches.

For information on booking Wendy or her retreats and workshops, please call:  
(877) 361-8650 or email us.

"I have been in the business world for 20 plus years. With today's economy, it had become increasingly difficult to hit our sales targets.

*Wendy's program has improved our team's outlook and the way they approach the day, both inside and outside of the office. Taking the extra step in improving our team's self confidence, outlook, and some basic business training, was the smartest thing we've implemented in a long time.*

I recommend Wendy Duncan's De-STRESS program and recommend her to any business looking to improve."

**– Balance in a Box De-STRESS Program Participant**

## What People are Saying

"Wendy Duncan will help bring you the positive results you have been looking for in your life, and your business.

Her workshops have helped me and my team focus on new innovative ideas that took our company to the next level."

**– M. Frank**

"I would recommend Wendy Duncan to anyone wanting to improve self confidence in making your life, your team, or your business exactly what you want it to be."

**– J. Barker**

"If you don't know Wendy at Wendy Duncan International, check her out. She is a wealth of inspiration!"

**– Karen Dietrich**

"Wendy Duncan is AHW-SOME...remember to say that with a Northeastern accent!"

**– Jeanette Brunot**

"From her book studies to her programs, Wendy is an Amazing Trainer!"

**– Dorilyn Baker French**

“Providing people the tools to prevent and release stress, enhance clarity  
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**Member:** Siebold Success Speakers Network

**Certified:** Bob Proctor LifeSuccess Consultant

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