



Kimberly Clausen, MS, Professional Speaker

Kimberly Clausen is a Holistic Dance and Movement Specialist and a Wellness Educator-Coach. Her animated and dynamic style catapults audiences and clients to the empowering, transformational, and liberating results of whole-body wellness. Heralded for her infectious passion, Kimberly motivates and inspires all she teaches and touches by providing laugh-out-loud humor and **evidence based wellness education** and **techniques** for those ready to make quality of life changes. Empowering others via whole-body wellness techniques became Kimberly's chosen career during her recovery from a life-altering head and neck injury. She works with all populations to include: at-risk adults, mentally ill patients, and those living with chronic, developmental, and physical challenges. Audiences and clients benefit from her extensive and diverse dance and movement training and the education and expertise of **eight certifications** in dance, wellness, and complementary methods of medicine, out of which she created **Audience Participation Wellness Presentations™** and creative movement and dance workshops. In 2009, Kimberly was recognized nationally as one of 300 U.S. citizens nominated for "Moving America Forward" by inspiring her community through dance and movement.

Audience Participation Wellness Presentations™ Topics and Titles

- Managing Stress
 - **Stress Release**

- Mind-Body-Spirit Wellness
 - **Creating Sacred Relationship...Eat, Hydrate, Breathe, and Play©**

Mission Statement

To inspire and empower others to choose the life affirming freedoms of whole-body wellness.

Available Materials

- Soon to be released to the public, the inspirational declaration book, ***Inspiration for the Dance of Life: Women Discovering their own Soul's Dance©***.
- **Wellness Tips** www.soul-dance.com

Available Services

Keynote presentations, breakout sessions, classes, workshops, and one-to-one coaching.

Contact Information

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