

SPEAKER KIT

2014



Girl in the Glass
Trust. Receive. Believe.



WHO IS TAMMY von NORDHEIM?



Hi! Let me share a bit about myself and how I reached 'happy.' My name is Tammy von Nordheim and I'm a model, actress, photographer, and founder of **Girl in the Glass**. My clients include Coca-Cola, Dark and Lovely, Johnson Products, PetSmart, Children's Healthcare of Atlanta, Delta Airlines, AT&T, CNN and Home Depot. Currently, I can also be seen starring in the World of Coca-Cola commercial with the polar bear!

I am living my truth and I am happy.

But, that wasn't always the case.

After earning a BA in psychology and sociology, I worked for several years doing what I thought I 'should' be doing. I was essentially living life according to everyone else's plan. I was content, but I wasn't happy.

Once I realized that, I began my journey towards happiness. It was a challenging journey but I believed—without a doubt—I deserved happy.

I do.

And I am.

I'm passionate about empowering other women to trust, receive and believe in their ability to live in their truth: to reach happy. Out of this passion, Girl in the Glass was created.

-TRUST. RECEIVE. BELIEVE.-



ABOUT GIRL IN THE GLASS

Regardless of what others think, the accolades earned and the pats on the back received, if you don't honor the girl in the glass, happiness will not be achieved.

~Tammy von Nordheim, founder, Girl in the Glass

Girl in the Glass is an empowerment workshop that inspires women to trust, receive and believe in their ability to live in their truth and reach their infinite possibilities. Women oftentimes look for validation and approval from parents, spouses, friends, etc.—forgetting to listen to their own voice. And forgetting their opinion of their life is what counts most.



Girl in the Glass challenges women to expand their mindset and embrace who they are meant to be. The workshops help women strip away the labels and the ideas of what they 'should be doing' to uncover their pure passions and amplify that inner voice that says, 'I can do this!'

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SPEAKING TOPICS

Powered By Passion

Is the quest to 'keep up' the only thing motivating you? Don't waste another moment being powered by anything other than passion. Learn how to become passionate about life... and how your zeal will inspire others.

Your life is uniquely yours. It was custom-made just for you. And it's the only one you have.

This isn't a coincidence, so don't waste it.

You Are A Super Woman, But You Are Not Superwoman

You're always multi-tasking, dotting your Is and crossing your Ts. You're connected, always in demand and in the know. You're physically fit, and everyone's 'go to' girl.

You're also stressed, potentially depressed and pretty much a mess.

Learn how to achieve a balance, stop over-committing and put yourself first—without feeling guilty or selfish.

Organic Isn't Just for Fruits and Vegetables

You've perfected living double, sometimes multiple lives. You morph effortlessly from Ms. Business to Mrs. Wife to Girlfriend.

But, who are you?

Learn to be authentically you: no pretending, no airs, no masks, no wanna bes. Learn to be organic: pure, vulnerable, present in the moment. Forget who everyone else wants you to be and just BE!

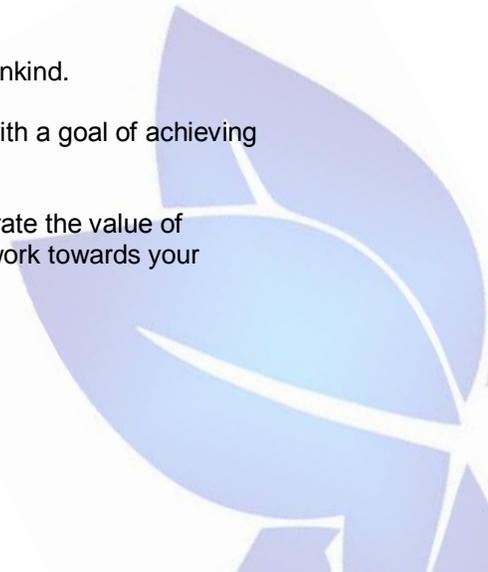
The Power of a Race

Race: 1. A competition between runners. 2. Each of the major divisions of mankind.

Why don't women collaborate instead of compete? Is it possible to run a race with a goal of achieving your personal best, or is a 'win' always the desired result?

When you're confident and appreciate your value, you can recognize and celebrate the value of others. This allows you to collaborate without fear. It also allows you to always work towards your personal best, knowing you're only ever in competition with yourself.

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