



# CARYN SULLIVAN

HEALTHY LIFESTYLE WRITER  
MOTIVATIONAL SPEAKER  
POSITIVITY CHAMPION

## About Caryn

Former Media Exec and 2X Cancer Survivor Motivates Others to Take Small Steps Toward Resiliency, Positivity and Wellness.

Caryn Sullivan is a two-time breast cancer survivor, thriving with stage IV disease. She's the founder of Pretty Wellness, author of "Happiness through Hardship" and a healthy lifestyle TV correspondent. As a former sports media exec and now motivational speaker, Caryn focuses on inspiring people personally, professionally and academically. Using her SMALL Steps formula, students, executives and organizations all learn strategies for resiliency, positivity and overall wellness. Caryn has been seen on "The Doctor Oz show," "Wendy Williams," "Home & Family" and is a regular contributor to WTNH-TV.

## Webinar Topics Presented Virtually by Party People Inc.

### Work Hard - Live Well: Embracing Wellness With SMALL Steps

Caryn draws audiences in by telling her own personal stories of how she embraced wellness through adversity. Caryn does this in a fun and energizing way. She encourages the audiences to think about how they can take SMALL steps toward better health in order to thrive in their lives. Whether they are a busy top-executive, a young, eager professional or a driven part-time employee her SMALL formula can work for all. Caryn has empowered thousands of busy people throughout the country to embrace self-care with this presentation.

### Small Steps to Creating an Intentional Life

Caryn encourages audiences to think about how to take small steps toward health, happiness and a more balanced intentional life. Her inspirational approach is simple and relatable. In a fun and energizing way, her ideas will get students fired up to make positive changes that can help them balance or better yet thrive in their lives personally, professionally and academically.

### The Road to Resilience - Choosing Positivity & Purpose

Caryn inspires people to embrace positivity and find resiliency during hard times. First diagnosed with cancer when she was a newlywed, Caryn was determined that it wouldn't make her life horrible. She shares her stories and best practices for individuals to take care of themselves, become resilient and uncover joy along the way, even when life is tough. Instilling positivity in the workplace and home is linked to tremendous health and quality of life benefits as well as increased success and thought-leadership.

Ask about our Video/Instagram Interactivity Before the Webinar - a Get to Know Caryn Before the Virtual Event.



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