



# Press Kit

**Bonnie Wirth**



# Bonnie

## Inspirational Keynote Speaker Bonnie Wirth

As a Keynote Speaker Bonnie Wirth has been captivating a variety of audiences with her genuine love and enthusiasm for life! Delivering motivational, inspirational and content rich messages.



Bonnie shares deep insights and wisdom on how she has found peace, joy and love in healing from a multitude of unimaginable experiences.

With a compassionate heart and a sense of humour Bonnie inspires others to thrive on the other side of life's challenges while finding their purpose and passion for a new way of being.



Bonnie will leave your audience with practical, inspirational spiritual tools that will help them on their journey to living their pure, authentic, lives.



## Radio

In addition to her career as an Inspirational Speaker and Self-Empowerment Consultant Bonnie is the host of her own Radio Show "Lighten Up with Bonnie Wirth". She has also had the privilege of being a guest on the following programs.

Hay House - Michael J. Chase

News Talk 980 - CJME

Big Western Country

The magic Hour with - Tina Marie

Tell Me a Story with - Debra Silverman



# Speaking Topics

## 1. Opening Heaven's Door

Depending on each person's path, the natural ability to communicate with Spirit can develop at a young age or manifest later in life. "Opening Heaven's Door" usually occurs with a catalyst event of some kind: near death experience, trauma, loss of any kind, and even child birth. Developing your communication with Spirit, the Divine and your own beloved soul can support you to access the wisdom to support you in transforming every aspect of life and receiving guidance to become your best self.



## Questions

- How would you explain who you are / what you do?
- When was the earliest time in your life that you noticed you had these special gifts?
- Were you ever afraid of what you saw and knew?
- How do you deal / cope with the nay-sayers?
- Do you ever doubt that what you're hearing or picking up on is wrong?
- What is the purpose of Spirits communicating with the living?
- What made you choose this path of mediumship and council?
- What are the most common sensing indicators that Spirit is near?
- What are a few of the benefits to developing your abilities?
- How has working with Spirit helped you to co-create your life?



## 2. The Heart of the Matter

If you want something to change in your life, then you have to change the way you approach it. It is more than just thinking positive. Low-vibrational emotional states create an imbalance that distorts the relationship between your heart's greatest desires, the central nervous system and the brain. The energy is inherently connected and does indeed influence the world around us in astonishing ways. Our vibrational state has a huge impact on our mind/body systems and the results that play out in all areas of our life.



## Questions

- What does it mean to be heart-centered?
- What parts of us lives in fear?
- What areas of life can be stifled because of fear?
- What are some beliefs that contribute to the imbalance in our emotional state?
- How does our heart impact the overall state of the mind/body/spirit connection?
- What is vibration?
- What are (3) simple ways we can raise our vibration?
- Why is it important to take conscious control of our energy-fields?
- What does it mean to genuinely manifest from the heart?



### 3. Emotional Make-up

If we want to feel truly alive and open to life's opportunities we need to look carefully at our physical, mental, emotional and spiritual health so that we are truly vibrating at the highest level and enjoying life to the fullest. Learning to understand our emotional responses can indeed support us to navigate through life with ease and a little grace too.



## Questions

- What moment was instrumental in getting you to decide you needed to have control over the demons in your life?
- What are our emotional triggers?
- What is the difference in reacting vs. responding to the less than pleasant circumstances?
- What are (3) ways we can manage painful feelings that are triggered to manage your emotions?
- Why is choosing happiness so difficult for people?
- Why are we afraid to feel our feelings?
- What do you mean when you say there are only two emotions?
- Please explain how emotions have their own energy?
- Knowing people have highs and lows, how do you keep your faith and trust through your lows?
- Knowing what you know and doing what you do, is it easy for you to cope through your own personal situations that are challenging, hurtful or difficult?



## 4. Post-Traumatic Self-Disorder

Self-love is dynamic; it grows by actions that mature and nurture us. When we act in ways that expand self-love, we begin to accept our most authentic nature; weaknesses, faults and failures as well as our strengths. Human beings create and carry beliefs that cause unnecessary traumatic suffering full of insecurities, doubt and feelings of not being good enough. Dive deeper into the most obvious places to find love—within yourself and discover life purpose and fulfillment through your own efforts.



## Questions

- What defining moments that led you to even consider that you mattered in your life?
- Many people feel that self-love is narcissistic in nature, what does self-love mean to you?
- What experiences in your life brought you to where you are today?
- How did you overcome those experiences?
- What does it mean to live authentically?
- What needs to go or change in order to live authentically?
- What are the best ways to begin to over-come insecurities?
- What are the (3) degrees of being a victim?
- What is your (7) step prescription for falling in love with yourself?



## In Gratitude

Bonnie looks forward to the opportunity to collaborate with you on your next Event and Speaking Tour/Summit.

Please call  
1-877-487-8878