

Dawn Carson

Best selling author, podcaster and Youtube host; Dawn shares her expertise in a fun and engaging way. She is an enthusiastic, dynamic speaker, using her bubbly personality to put her audience at ease. Her expertise is in stress management and positive mindset training. She uses her Youtube and podcast platforms to help people live a more positive and empowered life.



Hot Topics

- **Mindset Matters** Tools to reduce stress and negativity, tailored to *your* audience's needs.
- **Practice Positive** Strategies to create a happier life, regardless of circumstances.
- **Coping Skills** Effective ways to deal with challenging people, including coworkers and family members.

Dawn can customize many mindset topics to assist *your* audience's needs. She will leave your group with tools they can immediately use create a happier life.

Dawn Carson

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