

This is YOUR Life...Cook it UP!

Nancy Stampahar

An Inspirational Catalyst for Change



With a high school dropout past, to earning her BSBA college degree, Nancy knows what it takes to cook up a good life! With over 15 years public speaking, consulting and training experience, her professional knowledge, personal wisdom and zest for life have helped thousands of people achieve positive results. After becoming an award-winning author of *Peace, Love and Lemonade* and the creator of high-energy videos that aired on *The Rachael Ray Show* and Oprah's OWN network, Nancy jumped on the foodie craze by marrying her love of food and personal growth with the creations of *Life in Nancy's Kitchen* and a meeting closer DVD, *Life Cooks!* Nancy's authentic and enthusiastic personality makes her one of today's most dynamic women motivational speakers. Nancy genuinely cares about empowering people to live great lives. True to being the recipient of the Joe Ott Award, her personal life of volunteerism, mentoring disadvantaged kids and love for her late mentally-challenged brother fills her heart and touches the lives of those in need of compassion and love.

Nancy's Most Requested Presentations

Dishin' Simplicity – How to Stop Feeling Like a Pulled Pork Sandwich and Start Balancing Your Life and Work

Dishin' Conflict Resolution – How to Ward Off Difficult People with Garlic

Dishin' Resiliency – How to Dance to the "Beet" of Change and Adversity

"If you have an opening on your agenda, save it for Nancy Stampahar! As a professional speaker, I am a tough critic of individuals in my field. Nancy delivered and then some. Her engaging style, wit, and honesty touched our participants. They were talking about her long after she finished."

*~Rhonda Campbell, Chair,
GCVCC's Women's Leadership
Symposium Conference*

"I have heard Nancy speak twice now, and I enjoyed both times. Her energy is so positive and inspirational. Each talk was different but highly engaging."

~Dottie Coll, President, TWO MEN AND A TRUCK®

Get Cookin' Now!

Get Connected with Nancy:

Phone: 412-996-2275

E-mail: nancy@lifeinnancyskitchen.com

Website: www.lifeinnancyskitchen.com

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