**Shannon Kopp as Your Speaker : Information Page**

**Book Shannon for a Speaking Engagement**

HarperCollins Speaker's Bureau Profile: <http://www.harpercollinsspeakersbureau.com/speaker/shannon-kopp/>

**Overview**

With honesty, heartfelt passion, and a dose of humor, Shannon inspires others to lead more present and compassionate lives.

**Topics**

**Mental Health and Wellbeing**

So many of us struggle with addictions, mental disorders, deeply-rooted forms of sadness and anxiety. Shannon draws upon her own experiences of growing up in an alcoholic home, and healing from bulimia and depression, to offer an empowering and soulful perspective on recovery and overcoming adversity. She believes that sometimes the bravest thing we can do is ask for help, and encourages all of us to drop our masks of perfectionism or “toughness,” and let our real, tender, vulnerable selves be seen.

**Female Empowerment:**

Recent studies show that eight out of ten women dislike their appearance, and over fifty percent of teen girls use unhealthy weight loss methods. With eating disorders on the rise in America and many other countries, Shannon carries a compelling and urgent message of self-love. Shannon encourages women everywhere—from high schools to universities to organizations and associations—to look inward for their beauty, purpose and power.

**Motivational**

Shannon motivates leaders at corporations, associations, and nonprofits to unleash their creative spirit and cultivate compassion. She offers a vital message about the courage it takes to embrace change and vulnerability, and to live an open-hearted, authentic, purposeful life. Drawing from her personal experience of becoming a best-selling author and highly sought after speaker, Shannon provides audiences with tangible steps to reconnect with their passion and achieve their dreams.

**The Human-Animal Bond**

Shortly after being discharged from an eating disorder treatment center, Shannon began working at a local humane society. Ten years later, homeless animals are still teaching her what resilience, love, and living in the moment is all about. Employing her passion, wit, and epic love for the animals, Shannon shares on the healing power of the paw, and the invaluable lessons that animals can teach us.