



# Dr. Peggy DeLong

I PARTNER WITH ORGANIZATIONS WHO WANT TO  
**SUPPORT THEIR MEMBERS.**

Bring a presentation to your group where people can begin feeling better immediately.

I craft each talk to inspire and provide simple, doable, proven methods for FEELING Good that take little time, energy, or money. Participants walk away with tools to increase their capacity for joy and success today and in the future.

“Americans’ positive self-assessments of their mental health are the lowest in more than two decades.”

SOURCE: NEWS.GALLUP.COM

AS SEEN ON:



## SUPPORT YOUR ORGANIZATION THROUGH MY KEYNOTES ON

HAPPINESS

RESILIENCE

GRATITUDE

LEADERSHIP

## MENTAL HEALTH MATTERS

Mental health has an impact on the ability to learn, occupational and academic functioning, emotional and physical wellbeing, relationships, and current and future success.



## SIGNATURE TOPICS

- Gratitude: The Missing Key to Your Happiness
- Grief to Gratitude: Five Essential Skills for Thriving After Any Adversity
- Craft the Life You Want to Live
- Happiness: Often Overlooked and Essential Components of Wellness
- Leadership: Five Essential Personal Traits



[DrPeggyDeLong.com](http://DrPeggyDeLong.com)