

# Dan Hegstad - Author, Speaker

## Substantive and Entertaining Presentations

Dan's latest book is, "*Next Steps: Tools for transforming from coping to thriving.*" There are several presentations based on the book.

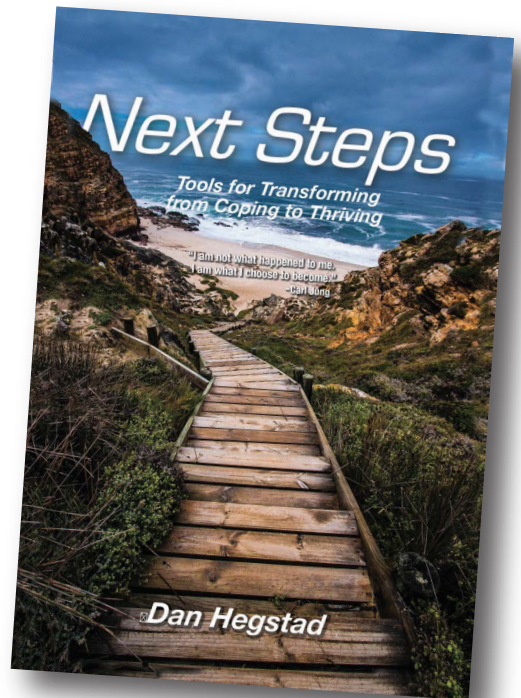
Dan has been a professional speaker for over 30 years and promises fast-paced presentations of substance delivered with humor.

### *Presentations*

- Taming The Stress Monster
- Saying What Needs To Be Said: How to have tough conversations.
- Embracing Change: You Can Do This!
- Your Brain: The operators manual you really need
- You Can be a Reasonably Adequate Speaker
- T'ai Chi for Health and Happiness

*Shorter, entertaining presentations tailored for lunch or dinner*

- The Old and the Restless: Aging With Attitude
- Embracing Change: You Can Do This!



### *Going Deeper.*

Next Steps lends itself to deeper conversations appropriate for spiritual or 12-step retreats



Dan is available for speaking engagements for business, government, nonprofit and spiritual groups.

Please visit [danhegstad.com](http://danhegstad.com) for videos, more information on the presentations and availability.  
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*"I'm Here to Help"*