



# Dawn Bennett

Speaker, Author, and Healing Practitioner

*The Science and Soul of Deepening Your Connection to Self, Others, and Communities*

## Which Remedy Does Your Audience Need?

### The Individual's Remedy

Is too much screen time and too little human connection making you feel tired, anxious, or disconnected? Dawn will share about the science and soul of healthy touch, and show you how to use it to cultivate a healthy dose of well-being, confidence, and joy. Whether you are touch-sensitive or touch-seeking, this talk will help you identify and take your next steps.

### The Entrepreneur's Remedy

Time and tasking don't matter if you (and your clients) are struggling without the type and amount of touch you need. Dawn will share simple approaches to bringing appropriate touch into your business to prevent burnout, create felt-trust with those you love and lead, and empower you and your clients to multiply opportunities for impact and income.

### The Culture's Remedy

Looking for ways to increase trust, collaboration, and productivity in your classroom, volunteer community, or workplace? Dawn will empower you with the research and strategies you need to shift policies that suppress human connection and communication. We can go further together, especially when we can talk about and embrace healthy touch.

*"I have had the opportunity to hear Dawn Bennett speak and present in networking environments. As a seasoned networker myself, I was immediately struck by her warm presence and smile that lights up a room. Dawn possesses a confident and authoritative yet non-intimidating way of communicating that blends humor, real-world examples, and vulnerability to connect with her audience.*

*I have found her able to calmly hold her audience's attention while imparting information in a fun and relatable way. It's a true pleasure to provide you with a speaker's recommendation for Dawn."*

Rona Mlnarik

Creator of Kick Ass and Flourish Life and Business Coaching  
Ambassador, BNI MN & Northern WI Region, USA  
Community Cultivation Lead, TEDxStillwater



*Touch Remedies*

All presentations are customizable and can be offered as a keynote presentation, an experiential workshop, or a breakout session timed between 45 minutes and 3 hours.