

IT'S TIME TO LIVE YOUR BOLD LIFE!

Tracie Root helps people thrive. After decades in corporate America, and after a personal family tragedy, she shifted to helping others at a deeper level while making more time for her own fulfillment, adventure, and joy.

Tracie became a health coach after experiencing her own health transformation almost 9 years ago. Coaching women in group programs, her clients find her to be empathetic, understanding, and inspiring. Now with the creation of Gather, she builds community around and in support of her clients' workshops, retreats, and other events, online or in-person.

Tracie is an engaging and enthusiastic speaker. Audience members take away the belief that they can do ANYTHING! Tracie speaks frequently on cultivating optimal health and well-being, goal-setting and strategy, entrepreneurship, overcoming tragedy and loss, and other personal development topics.

TRACIE'S INSPIRING SIGNATURE TALKS

HOW TO LIVE YOUR BOLD LIFE

- Hear four simple tips on how to be BOLD
- Begin to understand what a BOLD life can look like
- Take home some tips to help them step into their own BOLDness so they can stand up and be BOLD!

STUCK TO SHINING BRIGHT THE BASICS OF GOAL-SETTING AND GOAL-GETTING

- Your Mindset Reset is the beginning of success.
- Structure is your friend.
- You CAN Achieve the goals you set for yourself in all areas of your life!

**BOOK TRACIE ROOT
FOR YOUR LIVE OR
VIRTUAL EVENT!**



RAVING FANS SAY:

"Tracie's workshop not only assisted me in creating a vision - it also assisted me in seeing my professional and personal projects in new and structured ways. My energies are reorganized and focused on a clear path forward in alignment with both who I am now, and who I am becoming."

--GC, from Pleasanton, CA

"Tracie has helped me turn my life around. One year ago I could barely move and had zero energy. I reached out to her and began my journey. I am 60 lbs down and I learn something new every day. I am so thankful!"

--KK, from Yuba City, CA

**Tracie Root COACH. SPEAKER.
EDUCATOR. COMMUNITY BUILDER.**

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