

TANYA DETRIK

author - speaker - writer

SIMPLY
INSPIRING
PERSPECTIVE



Aren't we all looking for quick stress relief?

Wouldn't it be nice to have a simple strategy to change a moment or even your life?

The secret lies in our awareness and ability to shift our perspective. Perspective is everything, especially when you discover it's the in-the-moment tool for quick relief in the most stressful situations, and the precursor to any life change we desire to make.

Tanya Detrik's unusual backstory is one of Post Traumatic Growth. At a moment of extreme stress she was "gifted" the realization that making a simple shift in her perspective catalyzed instantaneous mental and emotional relief. Her message is that it is not necessary to experience trauma in order to be inspired to see life through different lenses, and that the discovery is liberating and the practice can be fun, and so rewarding.

About Tanya

Tanya Detrik is an award-winning author, a speaker and a copywriter.

Her blog, *Simply Inspiring Perspective* won a 2017 Connecticut Press Club award.

Her essay, *The Little Bus* won 1st Place in the 2015 Trumbull Arts Council Literary Awards. Her articles have been published in regional and national home design/architecture magazines. Her first book, *Waking Up with Nora*, is a memoir of self-discovery and transformation as catalyzed by her crib-side vigils during her infant granddaughter's epilepsy and brain surgeries.

Passionate about the challenges of special needs children and their families, all proceeds from *Waking Up with Nora* go to helping them.

She is currently working on her second book about the power of perspective.

Speaking Topics

The Power in Perspective

This is a TED Talk style presentation, great for businesses, organizations, associations or groups who find value in exploring transformative ideas and are inspired by personal triumph. Tanya challenges the audience to consider how trying on different perspectives can offer relief as well as immediate and enduring value. Audiences walk away with new awareness about life changes, and the anywhere, anytime tool that can destress, rescue sanity and transform emotional energy.

Perspectives from the Other Side of the Bed

A customizable presentation for the medical and therapeutic services communities who seek patient perspective as a learning tool for mindful and compassionate care. Having been a caretaker during her infant granddaughter's major life-altering medical experiences, Detrik provides a perspective not taught in graduate or medical schools. She offers a window into a caregiver's agony, confusion, desperation, helplessness, fear and gratitude.

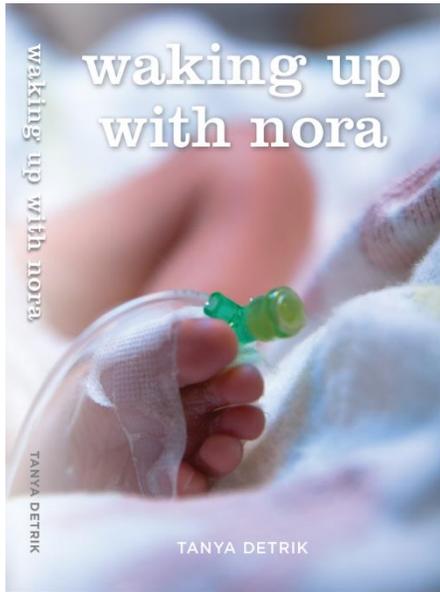
The Story – The Book: Waking Up with Nora

Great for community groups, book clubs, heart-centered and spiritually-based organizations and those who appreciate hearing and connecting with stories of challenge and transformation. This talk examines post traumatic growth, writing, family ties and the author's transformation in healing and attitudes. It celebrates the power in perspective, everyday miracles, and soars with joy in the prospect that we are never too young or old to become who we were meant to be.

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**simply inspiring
perspective**



What people are saying.

*I never thought about it
that way before.*

*I can't put the book down.
Your writing is inspiring!*

*Fabulous read,
I could not put it down.*

*Thanks so much for sharing in words
the clarity you're so gifted with.*

*LOVE the story and burst out
laughing!!!!!!*

*What a well-told tale. Your writing is
so clear and inspiring.*

*It made me laugh and cry and feel so
much less alone.*

*Thank you for sharing such a great life
experience.*

Beautiful just beautiful.

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