

SIGNATURE TALKS

Practical Tools. Powerful Stories.
Meaningful Impact.



BEYOND BUSY

Stop Stress Before it Stops You

Stress often builds long before we realize how much it's affecting us.

This talk helps audiences recognize the early signs of burnout and understand how stress can disrupt energy, focus, performance, sleep, and recovery. Attendees leave with practical strategies to reset during the day and create healthier rhythms for better rest at night.

THE MAGIC PILL IS YOU

Based on Tracye's book of the same name

A powerful mind-body talk about listening to your body's signals, trusting yourself, and taking an active role in your well-being.

Tracye shows how greater awareness and intentional choices can create meaningful change.

MIND FIRST

The Foundation of the Life You Want

Explore how your thoughts, beliefs, and patterns shape the way you respond to stress, make decisions, lead, and move through life. This talk helps audiences build greater self-awareness, challenge limiting patterns, and make more intentional choices that support the life they want to create.

WHO TRACYE SERVES

Active-Adult Communities

Community & Faith-Based Groups

Corporate & Professional Teams

Women's Organizations

"Tracye is authentic and speaks from the heart. She has a wealth of knowledge that she freely shares, and we were very grateful to have her. We look forward to her return next year."

Toni W.

"After her talk, there was so much chatter and excitement about all of the new and helpful information that attendees were going to implement in their daily lives. Thanks for your positive energy and great information, Tracye."

D. Forrester, WWC

Transformational Wellness Expert, Speaker & Author

In 2006, a breast cancer diagnosis changed the course of Tracye Robinson's life. What began as a personal health crisis became a journey of discovery and a lifelong calling to help others.

That experience inspired her to explore the mind-body connection and how thoughts, habits, and everyday choices influence well-being.

After more than 20 years building and leading a successful real estate brokerage, Tracye now brings hard-earned wisdom, professional insight, and extensive holistic wellness training to the stage.

As a Transformational Wellness Expert, speaker, and author of *The Magic Pill Is You*, she blends heartfelt stories with practical tools that invite people to take a more active role in their well-being.

Audiences leave with real strategies to recognize stress, restore energy, and care for themselves—along with one lasting reminder: **Your well-being deserves more than what's left over.**

Elevate Your Event with Tracye Robinson
A compelling speaker who brings
practical tools and meaningful
insights to every audience.

Reach
out

hello@divinelotusgroup.com
[Phone: 954-361-3151](tel:954-361-3151)

Learn
more

www.TracyeRobinson.com

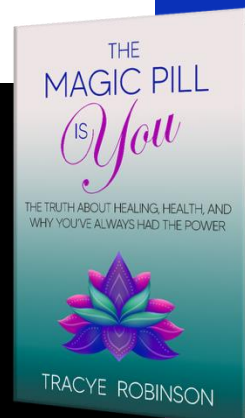
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“Your session gave our community practical ways to recognize burnout earlier, and, just as importantly, permission to pause and care for themselves along the way. I appreciated the authenticity, warmth, and intention you brought to the discussion, and I'm grateful for the impact you made on our members. We'd love to have you back in the future.”

Antoinette Staples
Senior Director, McKesson
Women Empowered ERG Chair,
Central Region



Copies available at:
TheMagicPillIsYou.com

Also available at:
amazon

