

# WHEN STRENGTH TURNS AGAINST YOU

*The Hidden Cost of Ignoring the Signs*



## Why This Talk Matters

Uncertainty is everywhere, from our economy to our healthcare, and beyond. And for many people these pressures are landing on top of health challenges they've already been carrying for years, sometimes decades. The weight is real, and it's compounding.

This talk helps audiences understand that what they're feeling isn't random. It's their body sending a signal. And when we tune in, everything changes. Because listening can be lifesaving.

## About This Talk

Many of us are celebrated for being strong. But when capability exceeds capacity, the body sends signals and most of us have learned to push through them. Tracye shares her own story of ignoring those signals until her body demanded her full attention. She helps audiences recognize the signs of depletion before they become consequences and leaves them with practical tools to reclaim their energy without overhauling their entire lives.

## Audience Outcomes

- Practical ways to reduce stress and restore energy
- Insights for better sleep and stronger daily boundaries
- Greater awareness of the body's signals before they become consequences

## Who is This Talk For?

Women's organizations and groups  
Active adult communities  
Wellness conferences and retreats  
Faith-based and service-oriented organizations  
Civic organizations and clubs  
Corporate wellness and leadership events

### Formats

Keynote • Panelist • MC • Workshop

### Additional Talks

*The Magic Pill Is You*  
*She Decides*



"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 Keynote Speaker

### What Tracye Brings to Your Event Story. Substance. Solutions.

Tracye Robinson is a Transformational Wellness Expert, Certified Naturopath, and 20-year cancer survivor who helps people recognize the hidden cost of pushing through and reclaim their energy before the body demands their attention. Through powerful storytelling, lived authority, and practical whole-person tools, Tracye shifts rooms and moves audiences from depleted to restored. Her talks are wake-up calls that people carry with them long after they leave her talk.

Born visually impaired and having navigated cancer, major life transitions, and decades of high performance, Tracye speaks from a place of deep personal truth. She doesn't just teach wellness. She has lived it, fought for it, and rebuilt her life around it. That authenticity is what makes every room she enters feel different.

She is the author of *The Magic Pill Is You: What Every Woman Should Know About Her Power to Heal*, a transformational guide to reclaiming wellness from the inside out.

Offering private wellness consulting for those ready to go deeper. Tracye is a trusted guide.

*Elevate your event or podcast with  
Tracye Robinson. A master storyteller who  
inspires and transforms every audience.*

"Tracye was our Keynote for my company's employee appreciation event. This was a significant time for our organization due to major shifts that were made over the past 3 years, and we really wanted a morale boost for our employees. Tracye delivered a compelling message that had us crying, laughing, pondering and most of all feeling grateful and realizing that everything is about perspective. Tracye poured a ray of sunshine over us and helped us create an evening that will never be forgotten."

**Beverly N.**

Reach out

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Learn more

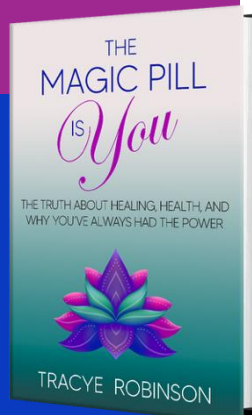
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Feel Good. Be Well.