



# THE MAGIC PILL IS YOU

*The Moment You Stop Searching and Start Listening*



## Why This Talk Matters

In today's world of quick fixes and constant information, many feel disconnected from their bodies, unsure who or what to trust, and overwhelmed by conflicting messages about health and well-being.

This talk invites a return to something quieter, wiser, and deeply human: trusting the body's innate intelligence & capacity to heal when we learn to listen and support it.

## About This Talk

Drawing from lived experience, and a holistic understanding of body, mind, soul, and environment,

your audience will be guided through a grounded exploration of:

\*Why we've been taught to outsource our healing — and what it costs us

\*How the body communicates through symptoms, sensations, and signals

\*What changes when we stop fighting the body and start working with it

*This talk does not offer quick fixes or one-size-fits-all answers.*

*It offers orientation — back to the body as an ally, not a problem to solve.*

## Audience Outcomes

A more compassionate, trusting relationship with their own body

A strengthened sense of agency in health, healing, and daily choices

Greater clarity around the difference between symptom management and true wholeness.

## Who is This Talk For?

Wellness conferences and retreats

Faith-based and service-oriented organizations

Non-profit and mission-driven organizations

Caregiver communities and support organizations

Leadership audiences seeking sustainable well being

Women's conferences and retreats

### Formats:

Keynote · Featured Speaker · Panelist - MC

### Additional Keynotes Available:

*When Strength Turns Against 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 Mindfulness & Resilience Speaker

## What Tracye Brings to Your Event Renewal & Reconnection

Tracye Robinson is a Transformational Wellness Expert, Certified Naturopath. She was born visually impaired and is a 19-year breast cancer survivor who creates restorative experiences where audiences can pause, breathe, and reconnect with themselves.

Her talks are more than inspirational — they are invitations to return to the body, trust its wisdom, and remember what true healing feels like. In a world that constantly demands more, Tracye reminds audiences that slowing down isn't weakness — it's wisdom. That wellness isn't indulgent — it's essential.

Through storytelling, science-backed insight, and soulful truth, Tracye shifts rooms — moving people from burned out to reignited, from stretched thin to soul-aligned.

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. For those who know that wellness isn't a luxury but a lifeline,

Tracye is a trusted guide.

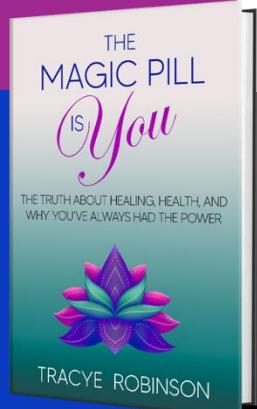
*Elevate your event or podcast with  
Tracye Robinson—a master storyteller who inspires  
and transforms every audience she reaches.*

"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.

Copies available at:  
[TheMagicPillIsYou.com](http://TheMagicPillIsYou.com)

Also available at:



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