

HEALTHY PLANET

Healthy You

Simple Habits to Create a Brighter Future

Bio: For more than 20 years, **Ximena Yáñez Soto** (pronounced "He-men-a") held the position of CFO for a major environmental fund but suffering from long-term illnesses led her to explore various alternatives for personal and professional transformation. Ximena obtained the certification as a Yoga Instructor, RYS 200. She was certified as a Level I and II Reiki practitioner, then finished her studies as an Integrative Nutrition Health Coach at the Institute for Integrative Nutrition in New York and was one of eight nomination recipients of the Leadership in Health Coaching Award.

Ximena's mission is to help those who are going through difficult situations to achieve a healthy lifestyle in harmony with the planet through conscious eating. She is dedicated to accompanying her clients during their life transformation processes, to regain their vitality and energy. She offers comprehensive tools that allow them to flourish in all areas of their lives while simultaneously caring for our planet. Ximena believes in a world that offers opportunities to all its inhabitants and considers our most generous action to deliver a healthy, bountiful planet to future generations. She is a sought-after, engaging bi-lingual speaker, fluent in Spanish and English, and her book: **HEALTHY PLANET, HEALTHY YOU, Simple Habits to Create a Brighter Future**, is currently available in Spanish on Amazon.com. (English coming soon)

XIMENA YÁÑEZ SOTO

There is a powerful connection between us and our planet, our health and well-being. Understanding this connection can make an enormous difference in the quality of all lives that share this planet. Knowing simple steps that will enhance living and the longevity of the planet, can make all the difference for future generations.

Ximena is a sought-after, engaging, bi-lingual speaker, fluent in Spanish and English.

She is available to speak to corporate, women's and professional groups,

Hay House Summits, wellness and all world environmental conferences, nutrition groups and seminars, women's month & student orientation at colleges and universities, etc.

LIVE AND VIRTUAL KEYNOTE, ASSEMBLIES, WORKSHOP AND LUNCH & LEARN TOPICS INCLUDE:

- **3 Quick, Simple Tools to Stay Engaged and Productive in the Work Environment** *The Undeniable Impact of Diet and Personal Care on Production and Engagement*
- **Healthy Planet, Healthy You** *The Unknown and Thought-Provoking Impact Our Diet Has on Our Environment*
- **Transform Your Beliefs!** *Break Free from Your Imprisoning Ideas and Revolutionize Your Mind, Body and Spirit*
- **Women, Recover Your Influence!** *The 5 Steps to Get in Tune with Your Potential, Your Possibilities and Your Power*
- **Students Stay in the Process** *Allow the HOW to Transpire Naturally for Real Connection, Achievement, and Clarity*

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