

Love Yourself First Speaker Sheet

Ideal for: Women's leadership groups,
entrepreneurs, personal transformation events

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Love Yourself First

People often feel burnt out, stretched too thin, and guilty for taking time for themselves. In this 45-60 minute presentation, we'll explore how to break free from the cycle of over giving and implement practical self-care, boundary-setting, and stress relief strategies that actually stick—without the guilt!



What You'll Learn



Self-Care Simplified

Learn to prioritize yourself without guilt.



Boundaries 101

How to say NO with confidence and why healthy boundaries strengthen relationships.



Burnout Rescue Plan

How to recognize the signs of burnout & reverse it before it's too late!

Christine Baker Marriage

Christine, a passionate speaker, author and founder of More Room for Joy, inspires women to trade burnout for balance through intentional planning, habit-building and grace-filled self-care.

Feedback

"This presentation was inspiration and eye-opening. I didn't realize how much I contribute to my own struggles and how capable I am of taking care of myself with the simple steps Christine taught us."

- Rosalie F.

"I walked away feeling lighter, with more clarity and compassion for myself. This wasn't just a motivational talk—it was a gentle nudge back to myself. Thank you for helping me see that loving myself isn't selfish. It's essential."

-Tera K.

Bonus for Attendees:

A Self-Love & Boundaries Workbook with journaling prompts, a self-care planner, and practical scripts for setting boundaries.



Books, coordinating products and other resources are also available for purchase or distribution.



More Room For Joy

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