



HAPPINESS AND RESILIENCY

EXPERT

DR. CYRINA BULLARD

"Dr. Bullard's presentation was informative and entertaining. We can all use a reminder of the importance of acting from the heart and the impact our attitude has on others."

~ Paul Danborn, Attorney

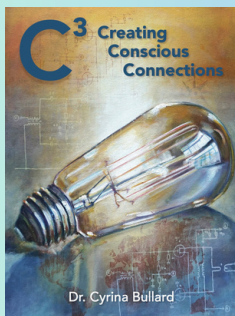
SIGNATURE TOPICS:

Customizable keynotes and programs to meet your objectives.

- *The Science of Resilience and How to Strengthen It*
- *Creating a Life of Design, Not Default*
- *How to Catch Happiness®*

OTHER TOPICS AND PASSIONS:

- *Brain Health*
- *From Depletion to Renewal*
- *Epigenetics: Your Environment's Impact*
- *LifeMastery: Create Your Vision and Bring It to Fruition*



ABOUT CYRINA...

Speaker, Author & Trainer

Dr. Cyrina Bullard was a practicing pharmacist for over 20 years until multiple life-changing events, near-death experiences and suffering from two brain injuries made her pivot. This forced her to deepen her knowledge of the brain and how to optimize her brain health. Along the way, she discovered a passion for science-based techniques to improve brain health, strengthen resilience, increase happiness, and help people to live their best lives. She now shares her unique blend of science-based and motivational tools to help her audiences be resilient, Catch Happiness® and create fulfilling lives of design instead of default. Dr. Bullard has certifications from UC Berkeley, Yale, HeartMath®, Conversational Intelligence®, Life Mastery Consultants and is an Amazon best-selling author with her book [C3 Creating Conscious Connections](#).



CONTACT

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AS SEEN ON:



BE CALM IN THE CHAOS

