

**Tally Hayden is the owner of We Rise Coaching. She is a Life Coach, Manifest Mentor, Certified Ignitor Coach, soulpreneur and natural health practitioner.** She contributes as an international writer for Sibella Publications, which publishes two womyn's magazines serving over 45,000 readers globally. Tally has been an expert on the "Alive and Vibrant at Any Age" Summit. She is a co-author of her new book, *Women Who Inspire*, a collection of 20 inspirational stories to fuel your soul's deepest desires, authentic truth and divine purpose.

Her sweet spot is to connect people to their power within and especially by helping womyn reconnect to their passion, dreams and soul purpose of why they are here.

In 2006 the trajectory of her life was altered by an autoimmune illness that kept her in bed for almost two and a half years. Tally's faith put her on a quest to find healing and create wholeness for her own life. She went from a life that was draining her to a life she loves and manifested. This led to her current soul work as a mentor and life coach, and to a deeper and more authentic understanding about how to help others manifest wellness and wholeness in their own lives. She is passionate about raising the vibration of humanity to live more fully in joy, laughter, peace, purpose and passion.



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*"Tally is a bright light in this world leading others to their authentic selves. **She is extremely intuitive and brings positive energy to every situation**...excellent coach...listens to you in a way that is both empowering and thoughtful. Tally exudes personality and can transform lives with her "to the core" questions and sage advice. She has a way of **uncovering the truth with a gentle kindness** and knowing what people need. She is truly a one of kind coach and mentor." ~ Jennifer, Business Owner*

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## Have Tally speak at your organization!

Do you have a yoga or health studio, women's group, or any type of organization that would benefit from Tally's knowledge? She will come and talk to your group! During her event, she will teach you:

- ✓ A plan to manifest your desires and a workbook to guide you
- ✓ Understanding what "vibration" is, why it is important to your life, and what actions increase and decrease it
- ✓ What you say creates your future—learn the exact words that disempower you and stop your dreams from happening, plus words that empower you to manifest anything in your life
- ✓ Specific ways to map your vision and desires to successfully make them a reality
- ✓ How "feelings" can be a game changer for you. Learn how to acknowledge them to increase your power of attraction and to connect deeper to your heart!

**Step up your manifesting game to make you the architect for your life with a fun-filled class of growth and manifesting transformation!**