

**Below are samples topics for different engagements. Feel free to request a unique topic!**

**Corporate-Oriented: Workplace Wellness**

1. Heart Health for Busy Lives: Realistic Prevention Tips You Can Start This Week  
Quick, schedule-friendly changes like walking, meal swaps, and stress reducers to boost focus, energy, and productivity.
2. Know Your Numbers: The Key Vital Signs That Can Save Your Heart Tracking blood pressure, cholesterol, and more, with easy workplace monitoring tips.
3. From Stress to Strength: Using Mindfulness to Build Resilience and Prevent Heart Problems How chronic stress harms the heart and simple mindfulness tools reverse effects for better emotional regulation and preventive habits.

**Women's Health Events, Go Red Initiatives, Ladies' Clubs, Professional Women's Networks**

4. Women's Heart Health: Why Heart Disease Is the #1 Threat (and How to Beat the Odds) Debunking myths, highlighting unique risks/signs in women, and tailored prevention strategies.
5. Myths and Facts About Heart Attacks and Heart Failure Everyone Should Know Strong focus on women's experiences, symptoms, and realities.
6. The Hidden Power of Connection: Why Strong Relationships Are Essential for Heart and Overall Health How social bonds combat loneliness (a major CVD risk), boost mental well-being, and encourage healthy habits through community and support.

**General Public: Community Talks**

7. Heart Failure Isn't Inevitable: Simple Steps to Protect Your Heart Before It's Too Late Everyday prevention to stop progression to advanced disease.
8. The Power of Early Action: How Preventing Heart Problems Today Prevents Heart Failure Tomorrow Controllable risks and the lifelong benefits of early intervention.
9. Building a Heart-Healthy Life: Daily Choices to Avoid Chronic Disease Holistic strategies including nutrition, activity, sleep, mindfulness, and social support for whole-person prevention.

**Women in Leadership and My Personal Journey**

10. **Leading with Heart: Stress, Burnout, and Resilience for Women Executives**  
Unique stressors for women in high-stakes roles, their cardiovascular risks, and practical tools (mindfulness, boundaries, networks) to protect heart health while sustaining performance.
11. **My Journey in Cardiology: Leadership, Challenges, and Heart Health Advocacy**  
From MGH/Harvard to directing advanced heart failure/transplant at UofL— lessons on overcoming barriers as a woman leader, work-life integration, and making prevention personal.
12. **When Failure Isn't an Option: My Story of Compassionate Leadership and Prevention**  
Inspirational keynote, professional evolution, triumphs in patient care/innovation, and a motivational call to prioritize heart health amid demanding careers.
13. **The Twelve Allowances: A personal journey through medicine, motherhood and my mat.**