



Nancy Hopps
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Press/Media Room - Sample Presentations:

Combining her background in healing arts and performing arts, Nancy is a popular keynote speaker, seminar and workshop presenter. She is known for creating a relaxed, dynamic atmosphere, while presenting information and experiences that are inspirational, pragmatic, healing... and fun!

Nancy enjoys working with you to tailor her presentation to suit your needs, adapting the material for various ages, religious or social backgrounds, in public, private, or corporate settings.

Sample presentations titles include:

Full Day Workshop – Presenter: *Stress Reduction Tools for Lawyers*
Oregon Attorney Assistance Program, Portland, OR

Full Day Seminar-Inspirational MC: *Clinical Nightmares: Signposts Along the Way*
Oregon Psychological Association, Portland, OR

Half-day in-service workshop – Presenter: *Nurturing the Nurturer*
Safe and Sound, a coalition of social service agencies, Eugene, OR

Half-day in-service workshop – Presenter: *"I'm Too Busy to Relax!"*
Albany School District Elementary Principals Conference, Albany, OR

3-hour workshop – Presenter: *Be the Change You Seek*
EastWest Bookshop, Seattle, WA

3-hour workshop – Presenter: *Play for Peace*
Unity of the Valley Church, Eugene, OR

90-minute Keynote – Speaker: *Emotional Well-being: The Choice is Yours*
Sacred Heart Hospital, Eugene, OR

90-minute breakout – Presenter: *Be the Change You Seek*
University of Oregon Crisis Counseling Conference, breakout session, Eugene, OR

90-minute author talk followed by CD signing: *Relax – Quick! Six Simple Ways to Relax, When You Know You Need To, But You Just Plain Can't!*
Barnes & Noble Bookstore, Eugene, OR

90-minute author talk – *Relax Into Healing*
Pharmica (SF, Berkeley, CA and Portland, OR)

60-minute breakout workshop: *Finding the Peaceful Place Within*
INATS Trade Show, Orlando, FL

"I want to thank you again for your contributions to the Oregon Psychological Association's workshop...As you know, we were addressing the most serious of situations for mental health practitioners, and it was the interspersed of your talents throughout the day that made the day more than just palatable, but actually enjoyable. Participants left on a very positive note thanks to you. I have received dozens of compliments directly relating to your presentations and performances. I applaud your versatility in being so adaptive in meeting our goals for the workshop. I found your presentations inspirational. You were captivating. I am impressed with your ability to capture what we were dreaming of and bring it to life. Thank-you again." ---**Edward B. Versteeg, Psy.D**, Chair, Psychologist Support Committee, OPA

"Nancy Hopps is a wise, eloquent, and engaging speaker and teacher. The participants (post-menopausal women w/ Type 2 diabetes) have responded wonderfully to Nancy's warm, caring approach. I strongly recommend her to anyone who wants to focus on stress-management, meditation, healing, and personal transformation. I am continually reminded, as I experience Nancy's work, that life is a journey that can be lived to the fullest as we learn to integrate our bodies, minds, and souls." ---**Deborah J. Toobert, Ph.D.**, Research Scientist, Oregon Research Institute