



Mental Matters

Mental Toughness because your Mental Health Matters
Combatting Depression and Anxiety Triggered by Trauma

Chuck Hendrix

Professional Speaker

Call today to
schedule your FREE
30 minute event consultaton.
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(989) 285-0269

"Fantastic job!"
-- Frank

"Enlightening and
inspiring! Chuck Hendrix
is a great motivational
speaker." -- Kristina

Seven reasons people just like you are hiring Chuck...

1) **Engaging!** Chuck will engage your audience and move them to where you want them to be. He uses fun interaction to help motivate your team.

2) **Empowering!** Have you ever found yourself in a rut? Chuck gives new perspective and helps people get unstuck so they feel empowered to go to the next level.

3) **Equipping!** Everyone needs new tools from time to time. Invite Chuck in, and he will equip your team with the tools to raise morale.

4) **Entertaining!** Chuck uses humor to keep everyone interested. His audiences love to laugh and learn.

5) **Educating!** While you are enjoying Chuck's fun and inspiring style of communication, you will also get his clear point. You will grow from his unique perspective.

6) **Exciting!** He is known for his ability to move the whole room with his enthusiasm. Invite Chuck in to light up your event and motivate your group.

7) **Effective!** At the end of the day Chuck wants your event to be a huge success. He will make you look good while helping you accomplish your goals by tailoring his talk to meet your exact needs.

What others are saying...

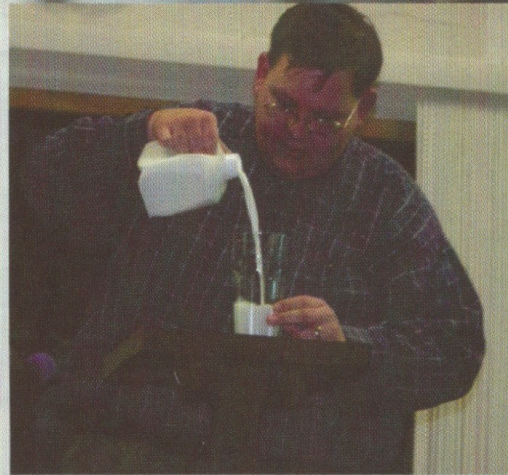
"Chuck was the main presenter at our conference. He was very motivational and captivated the audience. Feedback from conference attendees was very positive! We were so impressed with Chuck's presentation that he was invited back two years in a row!" -- Sue

"Chuck had the entire group up and involved in his motivational presentation... Our team is still reviewing and using the tools he presented at our event." -- Diane

BOOK SOON:

Due to the release of Chuck's new book, *Mental Matters*, rates will be increasing in the fall. Book him now to lock in current pricing.

"Chuck did an amazing job giving our organization the positive message that was needed for self improvement. He was engaging, and creative to give a new perspective." -- Carol



"Chuck is the most dynamic presenter I have ever seen."



More about my story...

I know first hand how trauma can affect your life. My father died when I was nine-years-old. I have lost two homes, been divorced, and even gotten fired and kicked out of church. One of the greatest tragedies in my life presented itself on September 29, 2013 when my eighteen-year-old son was murdered. I have had many ups and downs in my life. Like so many, I have to manage my own depression and anxiety. One word has empowered my recovery more than any other word: C H O I C E. I have learned without a doubt I can't always choose what happens to me or around me, but I can always choose what happens within me. The biggest highlight of my life in recent years has been the privilege of marrying my best friend. She is so amazing and has had a wonderful impact on my life.

One more thing: I have been speaking in front of audiences for more 25 years. You need to take advantage of all I have to offer. Book me today because I am an enthusiastic overcomer that knows how to remain positive even after life delivers some tough blows.