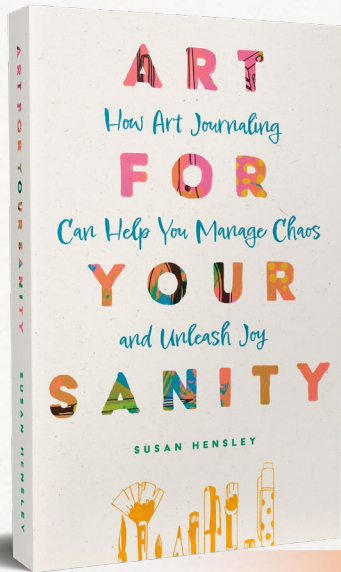


Susan Hensley

SPEAKER, AUTHOR, COACH

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Art for Your Sanity: How Art Journaling Can Help You Manage Chaos and Unleash Joy

Susan Hensley, a transformational coach, speaker, and author, empowers people to navigate life's transitions with joy and resilience. With a background in HR, change leadership, coaching, and journalism, she guides clients to unlock their inner wisdom and creativity. Susan has coached employees at all levels, served as a business coach, and is a board member for a nonprofit hospital. A global adventurer, her home base is Austin, Texas. Visit <https://susan-hensley.com> to learn more.

SPEAKING TOPICS

Susan covers topics on using art journaling for self-discovery, processing emotions, navigating life transitions, rekindling creativity, reducing stress, and finding authenticity.

SPEAKING TOPICS INCLUDE:

- » Art Journaling: A Creative Compass for Navigating Life's Transitions
- » Coloring Outside the Lines: Embracing Play and Joy for Busy Adults
- » Giving Voice to the Unspoken: Processing Emotions with Art Journaling

SPEAKING APPEARANCES INCLUDE



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