

Cynthia Watts Murphy

Speaker, Guest Expert, Certified Life Mastery Consultant



CYNTHIA WATTS MURPHY

Cynthia Watts Murphy, founder of Love Your Legacy Coaching LLC, is an inspirational speaker and transformational coach, certified through The Brave Thinking Institute. She loves helping professional women and mothers build their dreams, accelerate their results, and create richer, more fulfilling lives.

Through an interesting evolution from professional dancer to overwhelmed mom to kidney donor to life coach, Cynthia founded Love Your Legacy Coaching to help her clients connect with their authentic power, nurture their dreams and live a life that ignites their soul.

Cynthia enjoyed a ten year career in professional dance and has a background in sports medicine, neuroscience and nutrition. For more than three decades, she has worked as a wellness professional and coach.

Cynthia lives with her husband, Brian. Her biggest achievement so far, is the relationships she's built with her three amazing children. She loves a good cup of coffee, and decorating her home with pops of color.

Empowering Professional Women and Mothers To Live A Life They Love, Guilt-Free

OUR CLIENTS ARE RAVING

"Today was wonderful! Not only did I get a chance to take a deep breath and look inside myself, but my daughter Sasha was also right there beside me doing the same. Thank you for putting such time and effort into presenting a fabulous workshop."

— DEB HAUSS, EDITOR & COPYWRITER

"Cynthia's presentation to PSGCNJ was invigorating! The audience participation was huge and her invite for a one on one consultation was highly tantalizing."

— MARY ANNE USHER, SPEAKER COORDINATOR, PSGCNJ

INTRODUCTION TO **CYNTHIA'S TALKS**

The Power of Vision: 3 Master Keys to Accelerate Your Results

In this training, you will learn:

- Simple thinking strategies that will guard you from fear, doubt and worry, making room for new more life-giving levels of success, with ease. (These strategies will serve you for the rest of your life.)
- The BIG steps most people miss when building a dream (miss any of these and you may never see your dream come true).
- The #1 tool to break free from struggle mode and accelerate your success, with greater ease and in ways that are in harmony with your values.
- The #1 block that gets in the way of extraordinary success.
- The #1 factor that causes people to lose steam when going after a dream, and how to stay motivated and override it. ...and more!

During this dynamic and fun training you will have an opportunity to define, design, and experience your dream – and receive the blueprint for how to turn your greatest possibility into your reality.

Beyond Resolutions: 3 Keys to Blast Past the Struggle & Disappointment of Broken Promises... And Finally Get The Freedom and Fulfillment You Deserve

In this training, you will learn:

- Two essential keys for tuning in to your purpose.
- Proven strategies, practical tools, and spiritual principles for transforming your most difficult challenges into your most celebrated successes.
- The #1 block to authentic work/life/wellness balance.
- How to install a new success set-point.
- Three components of conscious manifestation.

You will leave this workshop feeling inspired, motivated and equipped to begin creating the results you really want, with greater ease.

WHAT PEOPLE ARE SAYING

Cynthia Watts Murphy is one of the most inspiring and motivating people that I know! I love her energy, common sense, and ability to take complex problems and provide easy steps to help you move in the right direction. The quality I love the most about Cynthia is that she is genuinely interested in helping people maximize their potential. She thrives on seeing them make progress and reach their potential!"

— DONNA B. BROWER, WEALTH MANAGER

INTRODUCTION TO

CYNTHIA'S TALKS (continued)

4 Radical Strategies To Break the Habit of Putting Yourself Last... *And Rock Your Best Life*

In this training, you will learn:

- How to discover your true dream and purpose.
- The 5-point test for determining if your dream is right for you.
- How to transform the inner critic into the inner celebrant, and break the cycle of "self-sacrifice over self-care".
- Simple steps that repeatedly and predictably create powerful shifts in levels of confidence, clarity, and quality of life, in measurable ways.
- The #1 tool you must know in order to claim your best life, and unleash your inner goddess.

At the end of this session, you will be inspired and primed to design and enjoy a whole new level of fulfilled living!

CREDENTIALS & EXPERIENCE

40+ years of personal development study and work

Advanced coaching certifications through the Brave Thinking Institute

8 years of coaching clients in the principles of success

Topics include: Mindset to Mastery, The Power of Vision, Purpose-Infused Success, Resilience Reboot, Self-Love & Full Spectrum Wellness, The Asset Called "Failure"

Previous speaking engagements include: New Jersey Health Collaborative, The Villa, Cheshire Home, Chamber of Commerce, Women In Business, Susan Ascher Mastermind, PSGCNJ, B.I.G., The Loop, Berlin Beauty

BOOK CYNTHIA FOR YOUR NEXT ENGAGEMENT

Cynthia's presentations can be tailored from 10 minutes up to a full day workshop. Whether it's a short talk, a 'Lunch & Learn' training, motivating keynote speech or full day workshop – your group, organization, or company can be assured of an absolutely transformational experience with lasting results.

Contact us at cynthia@loveyourlegacycoaching.com to set up a call and explore the possibilities for your next event.

WHAT PEOPLE ARE SAYING

"I left Cynthia's workshop feeling empowered, invigorated and grateful! I am so much more attentive to living in the moment and changing negative self-talk into positive affirmation! Cynthia's ongoing support helps me to 'raise my vibe' to achieve my goals and appreciate all of my blessings every day. Thank you!"

— LAURA O'REILLY-STANZILIS, R.N.