



## Guest or Keynote Speaking

Eileen Sampson brings presence and connection to her audience when speaking or coaching. With over 48 years of training and performance, Eileen combines her experience as a stage artist, singer, competitor of gymnastics and Irish dance, coach and teacher.

Eileen has trained over 6000 students in her years as a gymnastics coach, fitness instructor and as college faculty for Massage Therapy. Eileen is also a Teaching Assistant with the Barral Institute, an international school for post graduate studies for health professionals.

As a Registered Massage Therapist for the past 22 years, Eileen has learned volumes about how the body, mind and spirit mechanisms work and how to improve physical, mental and emotional health by restoring connection to the self, nature and community.

As an entrepreneur, Eileen has created initiatives such as a gymnastics program for children with special needs, Springboard Into Freedom and Increasing Intuition to help uplift populations to new heights.



*“When we **heal** ourselves,  
We heal our **world**.*

***Leading** humanity to **realize the gift of health**; for ourselves, for others and for our environment, with therapy, nutrition, educational programs and guest speaking.”*

*-Eileen Sampson RMT*

Ask Eileen about her signature talks-

**Connecting the Dots...**

**...How Your Movement, Spiritual, Emotional and Physical Well Being are Interrelated**

**SpringBoard Into Freedom...My Springboard moment**

**Know thyself to improve performance**

**Getting the most out of you students/team to fly to new heights**

**Vision and Entrepreneurship**

**Myofascial health**

**Or ask Eileen to create a talk on health, training, fitness, entrepreneurship or the body- mind -spirit connection that might suit your company’s needs.**

Eileen offers a dynamic, connective experience with practical tips that anyone can use to uplift life and improve connection, co-operation and productivity.

Inquire about Eileen’s availability and pricing to speak to your company or group at [info@springboardintofreedom.ca](mailto:info@springboardintofreedom.ca) or (705) 252-5531.

Eileen has been interviewed on The Wellness of Being with Brad Poirer

<https://youtu.be/UVIKYiIFWUk?si=ASGMTa8X4GsdKv0>

and Epiphanies with Rev. Jessie Brandon.

[https://youtu.be/BPB7WSLLdTg?si=LKJtcWxTPh\\_2RIKe](https://youtu.be/BPB7WSLLdTg?si=LKJtcWxTPh_2RIKe)

