

# whine & cheese



**Natalie Dean**

*Founder, Whine & Cheese, Inc.*

Natalie Dean is a public relations professional and entrepreneur. For more than eight years, she has built an extensive career in corporate, crisis, multicultural and educational public relations, working with national and global entities. Her entrepreneurial spirit and service to her community, however, has been evident from a young age. In February 2011, Natalie launched Whine & Cheese, Inc. What began as a girls' night in gathering of empathy and encouragement at her home has branched out into nearly 20 Whine & Cheese locations along the east coast. With a vision of expanding this concept as a safe haven, sounding board and support system nationally, Natalie hopes to comfort, support and uplift women everywhere. To learn more about Whine & Cheese, Inc., visit [www.foreverywhine.org](http://www.foreverywhine.org).

## **SPEAKER TOPICS**

Are you looking for a speaker for your next conference, seminar, panel or retreat? Over the last five years, Natalie has been invited to speak at events across the country and would love to meet with you next! Based in the Washington, D.C area, she has a wealth of knowledge and personal experience to share. Her presentations are informative, interactive and leave attendees feeling encouraged and equipped to take action. Her topics of discussion include:

### **Why Being Self-Centered isn't Always Selfish**

Ever wonder why flight attendants instruct passengers to place their oxygen mask on *before* assisting others? Women wear many hats and continually pour their time and talents into friends, spouses, careers and civic organizations. This session will serve as a reminder to some and realization to others that you cannot pour from an empty cup. Tips and strategies will be shared on how to recognize when your cup is empty and how to replenish it without feeling guilty.

### **Choosing a Positive Response**

Life can sometimes get the best of us, which can easily result in feelings of anger, frustration and defeat. However, nothing is ever solved or gained by adding more negativity to an already bad situation. This session will help you make the intentional choice to break the pattern and learn to respond with understanding, compassion and patience instead.

### **Creating Healthy Relationships with Women**

As nurturing as women can be, we sometimes forget to support other women. In this session, Natalie will discuss the importance of establishing and maintaining genuine friendships, identifying and ending toxic ones respectfully, and immediately diminishing the stigma that women are in competition with one another.

### **How Social is Social Media?\***

Although our generation has access to more people than any other generation in history, somehow we can still end up feeling alone. Increasingly, we have people we can hang out with but no one we can truly rely on or confide in about important matters. We all crave community and connection. This session will teach you the steps to exerting the time and energy necessary to enable real, mutually beneficial relationships to grow...away from the computer or smart device.

*\*Most appropriate for high school and college-aged audiences.*

To book speaking engagements, please email [foreverywhine@gmail.com](mailto:foreverywhine@gmail.com) or call 213.444.6343.