

Author • Survivor Advocate • Inspiring Presenter



## Inspiring You to Grow Through Life's Narrow Spots



[www.ruthbachman.com](http://www.ruthbachman.com) • [ruth@ruthbachman.com](mailto:ruth@ruthbachman.com)

Whether she is speaking to health-related, faith-based, civic or corporate audiences, Ruth customizes her message as an authority on navigating change with resilience, integrity, faith, courage, and grace.

A speaker and educator with a national reputation, Ruth's mission is to equip individuals with the perspective and resources necessary to navigate the inevitable changes that occur in life, by design or by happenstance, while recognizing the powerful potential for transformation by embracing "what is". That mission grew out of a life-changing diagnosis and treatment of cancer resulting in the amputation of her dominant left hand.

Illustrated by a universal metaphor for change - the hourglass - her themes of resilience, healing and wholeness are powerful, meaningful, and valuable for a wide variety of audiences. Ruth's resilient response to change is due in part to a positive attitude and intentionally saying "Yes, this has happened. And now what?" It is also due to a lifetime of paying attention to challenges and putting forth the effort to ask for help, to learn to do things a new way, or sometimes to decide gracefully not to do something.

All proceeds from speeches, workshops and book sales are donated to make a difference in the lives of those touched by cancer.

#### RECENT AUDIENCES INCLUDE:

The Mayo Clinic; Positive Aging Conference; Frauenschuh Cancer Center; Humphrey Cancer Center; Women's Impact Foundation; St. Francis Hospital; Center for Spirituality & Healing, University of Minnesota; CliftonLarsonAllen LLP; Community Health Charities Minnesota; Fairview Southdale Hospital; Ignite Minneapolis; Masonic Cancer Center, University of Minnesota; Merrill Lynch Financial Services; Minnesota LPN Association; American Association of University Women; National Women's Survivors Convention; Numerous Churches and Religious Organizations; The Omega Institute, Optum Health, a Division of UnitedHealth Group; Pathways Health Crisis Resource Center; Rein in Sarcoma; San Antonio Military Medical Center; University of Minnesota Foundation; University of Minnesota Medical Center; The Women's Club of Minneapolis, and Women in Financial Services.

# "Ruth Bachman is an absolute inspiration."

Carla Goldstein, Omega Institute, Rhinebeck, NY