



Jill Felts

**Happiness Guide
Healing Coach
Laughter Leader**

Helping people come home to joy
with presence, play, and purpose.

SIGNATURE TALKS & WORKSHOPS

Jill Felts is a sought-after speaker, certified Healing Touch Practitioner, and Master EFT Practitioner and Coach with a gift for guiding soulful seekers back to their natural state of joy. Through decades of intuitive work, Jill has helped clients and audiences nationwide release emotional blocks, reconnect with their inner wisdom, and experience real happiness—right here, right now. She leads transformative talks that blend laughter, mindfulness, and insight, creating spaces where people not only learn about happiness, but feel it in their bones.

- ✓ What is Happiness?
- ✓ L'Eggo Your Ego
- ✓ Laughter Yoga - A Natural High
- ✓ Slow Down to Speed Up Your Metabolism
- ✓ From Stuck to Flow
- ✓ Your Divine Design



www.coachjillfelts.com

CLIENT FEEDBACK

Jill is passionate about leading a healthy lifestyle and shares her extensive knowledge in a way that is both entertaining and engaging. I highly recommend Jill for a speaking engagement!

Ramona Blankenship

I LOVED it! She was fantastic and I really learned some very practical, useful tools. I'm so excited to sign up for my three sessions. Thank you so much for giving us this opportunity! I'd love for her to come back.

Lisa O'Brien

For more testimonials scan here



Why Book Jill?

- Uplifting + evidence-based
- Deep + disarming presence
- Audiences laugh, reflect, and leave lighter
- 15+ years of speaking experience
- Customizable to your group's needs

WHAT IS HAPPINESS?

A joyful reset from the inside out

This interactive session busts the biggest myths about happiness and invites participants to choose happiness not someday—but today. Includes a grounding meditation and reflective practices that shift mindset on the spot.

L'EGGO MY EGO

Step aside, and let your true self shine

The ego is loud. But beneath it is your wise, loving self. This workshop invites participants to gently examine ego stories, drop perfectionism, and reconnect with their true nature. Includes a guided meditation and journaling.

LAUGHTER YOGA

A natural high for mind, body & soul

Using playful movement, breathwork, and contagious simulated laughter, these sessions are pure joy medicine. They reduce stress, boost immunity, and create instant connection. No yoga mat needed—just a willingness to smile.

SLOW DOWN TO SPEED UP YOUR METABOLISM

A joyful, balanced approach to energy and eating

We'll debunk four common nutritional myths, explore what metabolism really means, and practice eating with pleasure and awareness. When the body and mind feels safe and nourished, it naturally finds balance. Includes a fun exercise with food.

FROM STUCK TO FLOW

How Energy & Fascia Work Together to Heal

In this hands-on session, you'll discover how your body's energy system and fascia are deeply connected; experience a gentle group tapping sequence to release stress and restore emotional balance; and learn how fascia rolling can release tension, improve flow, and boost your vitality. You will try simple, take-home techniques that you can use immediately.

OUR DIVINE DESIGN

Finding spiritual wellness

Jill introduces the Golden Ratio and your body's intelligent design to inspire awe and alignment. Through grounding practices like breath, humming, and sacred geometry, participants leave with a deeper sense of spiritual vitality.

"The golden ratio, wow! I will be looking at the world differently."

—Tiffany Thompson, LGE Credit Union

*Let's Bring More
Joy to Your Event*



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