

Havening Practitioner & Trainer | Holistic Health Coach | Health/Wellness Journalist

Let's HUG it Out® and Put the Healing in Your Hands!

Your audience and attendees will learn **neuroscience-based actionable steps** and turn **chaos into calm** in minutes!



About Hilary

Hilary Russo is **HListically Speaking**®. She is a Certified Havening Techniques® Practitioner and Trainer. Havening is a neuroscience-based approach that can rapidly rewire the brain, build resiliency, and de-encode trauma and is often referred to as “CPR for the Amygdala®.”

Hilary studied directly with the co-developing doctors of **Havening Techniques**, who have called her a “pioneer” in the field of mental health. She is one of only 50 certified trainers approved by the Havening organization and one of the first 150 certified practitioners in the United States. From children and C-Suite Executives to Grammy Award-Winning Metropolitan Opera singers, and even military and media professionals, Hilary is on a mission to make emotional well-being easy and enjoyable.

Trauma-informed, Hilary is internationally recognized as a leader and public figure for her work in holistic health and transformational coaching. Often referred to as the “**Chief of HUGS**”, her signature **HUG it Out® Method** uses neuroscience-based approaches to self-regulate, self-empower, and self-heal by finding the **Humor**, **Understanding**, and **Gratitude** in the everyday.

Hilary is also a Certified Integrative Nutrition Holistic Health Coach, Hypnotherapist, and multi-award-winning journalist focusing on health and wellness. You'll find her at the podcast mic hosting the globally (1.5%) top-rated **HListically Speaking Podcast**: conversations of traumas to triumphs through holistic health, healing, and humor.

For further inquiries

please contact: hilary@hilaryrusso.com



Speaking Topics

Havening Techniques®

*The Healing Power of Touch
CPR for Your Amygdala®*

HUG it Out® Method

*Self-Healing through
Humor, Understanding & Gratitude*

Secondary Trauma

How it Impacts You & What to Do

Broadcast Burnout

Mental Health Hacks for Media Pros

Brain Candy

Sweet Ways to Be Kind to Your Mind



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Inspiring Ways to Be Kind to the Mind

Discover powerful **resiliency techniques** you can use **every day** to **Self-Regulate** and **Self-Soothe** for **Self-Care!**



Where Has Hilary Been Seen & Featured?



What People Are Saying

It was one of the most beautiful experiences and I was able to heal something I didn't think I could heal.

Especially at a convention!

Shweta L. (PodFest Expo)

Lifechanging. Hilary has a gift. As a media professional, I'm always looking to help my team find ways to stress less.

She nailed it.

Gary G. (Media Executive)

I had the privilege of hearing Hilary speak on secondary traumatic stress. She resonated with all of us as practitioners, coaches, and health journalists.

Catherine C. (Havening Conference)

I've done Havening before with Hilary virtually. But having that grounding and personal connection felt like a warm blanket.

Bree S. (ShePodcasts Live!)

Key Notes Conferences and Workshops



Podcasts



[Click here](#) for a partial list of guest appearances.



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