



[www.larrywaltersspeaks.com](http://www.larrywaltersspeaks.com)

*Larry Walters*

SPEAKER/COACH/DISC  
PERSONALITY EXPERT

MEDIA KIT

# Larry Walters

PROFESSIONAL SPEAKER | HEALTH & WELLNESS COACH



With over 30 years of experience as a speaker and educator, Larry is a seasoned communicator dedicated to inspiring individuals and organizations to achieve holistic well-being. As the Founder of **Discover Better Health**, he integrates the **GET Started principles**—a comprehensive framework emphasizing balance in body, mind, and spirit through wise choices, nutrition, relationships, sunlight, temperance, fresh air, rest, faith, exercise, and hydration—with DISC personality insights to deliver personalized, transformative guidance.

Larry's expertise spans dynamic keynote presentations, interactive workshops, and targeted coaching programs, equipping individuals and teams with practical strategies for optimal health, stronger relationships, and sustained personal and professional growth. His engaging approach blends evidence-based wellness principles with behavioral insights, ensuring that audiences leave empowered with actionable steps to create lasting change.

**For those seeking an impactful speaker or facilitator to address health, leadership, or personal development, Larry offers a compelling blend of inspiration, education, and practical application.**

## SPEAKING & TRAINING PROGRAMS

Larry Walters offers dynamic presentations, interactive workshops, and personalized coaching programs designed to empower individuals and organizations. His holistic approach integrates faith, DISC personality insights, and the **GET STARTED** health principles to foster lasting transformation in personal growth, leadership, and wellness.

## KEY TOPICS & WORKSHOPS

- **Mind & Health Mastery** – Explore how thoughts, emotions, and faith impact physical and mental well-being.
- **DISC & Leadership Excellence** – Enhance leadership skills and team dynamics through personality insights.
- **Faith, Forgiveness & Healing** – A biblical approach to overcoming rejection, trauma, and relationship struggles.
- **Workplace Wellness & Team Building** – Improve employee well-being, resilience, and workplace culture through holistic health principles.
- **Lifestyle & Mental Health** – Address the impact of nutrition, habits, and spirituality on emotional and psychological well-being.

## COACHING & CONSULTING SERVICES

**Larry provides tailored coaching for individuals, teams, and organizations, offering:**

- Personalized DISC Assessments – Gain deep insights into behavior, communication, and leadership styles.
- Faith-Based Health & Wellness Coaching – A structured approach to holistic health and spiritual well-being.
- Employee Wellness Programs – Custom strategies for improving workplace productivity, stress management, and team collaboration.
- Resilience & Personal Growth – Overcome life's challenges and cultivate a mindset of faith, purpose, and self-care.



## WHO I WORK WITH

I partner with individuals, businesses, faith-based communities, health professionals, and teams to drive personal and professional growth. Whether enhancing leadership, improving well-being, or strengthening teamwork, my coaching and training provide practical strategies for transformation.

## WHAT YOU CAN EXPECT

Expect a personalized, holistic approach integrating faith, health, and DISC insights. My interactive sessions deliver proven tools for overcoming challenges, fostering resilience, and achieving sustainable success. With ongoing support and tailored action plans, you'll see real progress in health, leadership, and team dynamics.

## Client Testimonials

“

**Isabel M.**

"This seminar was just what I needed! The insightful teaching, group discussions, and faith-based encouragement empowered and inspired me. I now better understand how my personality affects my decisions and relationships. I look forward to attending another session!"

## CONTACT INFORMATION



☎ 402-676-8330

✉ [larry@larrywaltersspeaks.com](mailto:larry@larrywaltersspeaks.com)

🌐 [larrywaltersspeaks.com](http://larrywaltersspeaks.com)