



Meet Connie:

Going through a health challenge yourself, with someone close to you, or as a professional caregiver is daunting work at times. Connie has first-hand experience in all three areas and has learned a thing or two about how to cultivate resilience and really thrive in the midst of it all.

Connie offers practical solutions while sharing stories infused with humor, tailoring her presentations to meet the needs of your audience.

Her compassion, knowledge, and experience inspire listeners, moving them from passive spectators to active participants as they care for themselves and others.

Connie M Baker

Motivational Speaker & Resilience Mentor

Keynote Speeches | Private Mentoring Small Group Workshops

Rising Resilience
Atraumatic Care

Sustainable Compassionate Care
Integrative Healing and Pain Care

"Connie is a fantastic story teller! She seamlessly weaves her breadth of health care perspectives and experiences into a practical presentation that leaves me wanting to learn more." Amy Pattee Colvin

Book Connie M Baker:

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