

Havening Practitioner | Hypnotherapist | Holistic Health Coach | Health Journalist

Inspiring Ways to Be Kind to the Mind

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



About Hilary

Hilary Russo, is **"The Hilistically Speaking® Health Coach"**. She is one of the first 150 Certified Havening Techniques® Practitioners in the United States and one of only 800 in the world.

Hilary studied directly under the founding doctors of **Havening Techniques®**, who have called her a "pioneer" in the field of mental health. From children and C-Suite Executives to Grammy Award-Winning Metropolitan Opera singers 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. Her signature

HUG it Out® Method self-empowers you to "be kind to your mind", own the story you are telling yourself, and rewrite the narrative with **neuroscience-based tools** that help you **self-regulate** and **heal from within**.

Hilary is also a Certified Integrative Nutrition Holistic Health Coach, Hypnotherapist and multi award-winning multimedia host/journalist focusing on health and wellness. She hosts **"Healthy Communities"**, a monthly program for CVSHealth/Aetna. You'll find her at the podcast mic for her weekly show **"Hilistically Speaking": conversations on traumas to triumphs** through 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®:
Self- Love for Self-Empowerment

Secondary Trauma
How it Impacts You

Broadcast Burnout:
Mental Health Hacks for Media Pros

Brain Candy:
Sweet Ways to Be Kind to Your Mind

Kitchen Cabinet Confidential:
Fill Your Home with Foods that Heal



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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.

Key Notes Conferences and Workshops



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