

Anastasia Turchetta

*Keynote Speaker and Author
on Healthy Boundaries for
Time, Emotions, and Energy*

With 30+ years in healthcare and nearly two decades on professional stages, Anastasia blends relatable stories, humor, and simple neuroscience into practical boundary tools audiences can use immediately. She helps professionals communicate clearly, protect their energy, and perform with purpose.

What Your Audience Will Walk Away With

Make decisions with less second-guessing
Communicate boundaries without guilt or
unnecessary conflict
Protect focus and energy when demands are high

THE KEYNOTE

FUEL YOUR DRIVE

PROTECT YOUR ENERGY. PERFORM WITH PURPOSE.

Healthy boundaries for clearer decisions,
stronger communication, and performance
that lasts.

"She had the entire audience of 400+
attendees totally engaged and
enthused."

Dr. Michael Milligan

"Specific, applicable concepts attendees
can immediately implement."

Andy Masters, MA, CSP

THE SPEAKER

AUDIENCE PROOF

BOOK ANASTASIA



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WHY ANASTASIA



Professional Speaker Since 2007



30+ Years in Healthcare



BLOOM TV Guest Expert



Author



Host, Coffee Chat® with Anastasia

THE HIGHWAY TO HEALTH
Riding the Road to Better Boundaries