



julietfunt's
**Inner Wellness
Program
For Students
& Staff**

julietfunt speaks



Juliet Funt: Bio

Juliet Funt's diverse work history has taken her through a myriad of roles: actress, improvisational comedienne and singer, poet and food sculptor, diversity trainer for the Los Angeles Police Department, and even to Israel as a liaison for a Palestinian/Israeli peace project.

Living with an eating disorder for much of her youth and over 200 pounds by the end of college, Juliet has fought her share of uphill battles, and ended victorious.

As the daughter of Candid Camera creator Allen Funt, Juliet spent her life witnessing the hidden truths behind our social selves. She now uses these diverse experiences to help students learn to celebrate their personal spirit and unique contribution to our world.

Juliet questions the cultural myths that weigh upon us and block the possibilities for joy in our lives. She reminds us that all the worth we strive to acquire is really deep within us from the start. Juliet is a member of Alpha Epsilon Phi Sorority, the National Speakers Association, an ASTD Certified Trainer, and one heck of a muffin maker.

She lives in Los Angeles.

Overcommitted, Overwhelmed, & Over It:

Strategies for the Burnt-Out Student or Student Leader

Does this sound familiar? You never sleep, you replace your morning O.J. with your morning Red Bull, you make lists on your lists, you haven't eaten a meal sitting down since the holidays, and after recently committing to a promise of no more commitments, you commit again! Isn't it time for some relief? Well it's right here with stress management help from Juliet Funt.

This program provides students with tools to find immediate relief from the stress and overwhelming pressure that weigh upon them.

It's Not About Food!

An Intensive on Eating Disorders

You're not the only one who has those strange, intense thoughts about food and your body. You may not know this, because nobody seems to talk about it. It's time we do. In this deeply frank program *for women only*, Juliet is our guide into the hidden world of eating disorders.

Living through much of her youth dieting and bingeing, and weighing over 200 pounds by the end of college, Juliet has lived the reality of food addiction. But, as she shares in her programs, once you know you are not alone, anything can be overcome.

Students are introduced to the psychological hungers that fuel all addictions and are given tools to take baby steps to freedom.

Parents, friends and faculty are given warning sign guidelines and intervention suggestions.



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"Juliet used humor, yet also told some extremely touching stories. I found myself wanting to continue to listen to her, even after the presentation was over.

I feel her tone and personality really enabled people to feel comfortable talking with her.

Eating disorders is an extremely serious problem, and people like Juliet Funt are truly helping to make a difference."

Katie Scibienski, student
BUTLER UNIVERSITY

Buff Up Your Insides!

"Mirror, mirror on the wall...who's the kindest of them all?"

*"Er...uh...the kindest?" replied the mirror.
"I think you're misreading this fairy tale."*

"No, I'm not," she said, as a confident smile dawned on her lips. "I'm just writing one of my own."

Everywhere we look we are told that our outsides determine our worth. It's a lie! But what are we besides hair, body and belongings? Juliet gives character and values top billing over the perfect coif or fancy car. Students leave filled with surety in their worth and "lovability." And, they are better prepared to fend off the constant messages from our society that would tell them otherwise. This program builds awareness, and confidence, and is an excellent addition to your health and wellness programming.



Verbal Violence:

Laying Down the Arms of Language

Are you being assaulted? You might be...with words. Though increasingly watchful for physical violence on campus, we overlook the injurious force of gossip, backbiting and negative self-talk. Or, we err on the side of omission, missing opportunity after opportunity to grant each other the gift of a compliment or sincere communication. But none of these habits need to continue. There is a level of verbal mastery we can all achieve if given the tools.

In this challenging and thoughtful program, Juliet invites audiences to explore new depths of verbal accountability. Participants leave empowered, able to truly mean what they say and say what they mean.

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Partial Client List

BACCHUS and GAMMA general assembly
Alpha Epsilon Phi National Sorority
Kappa Alpha Theta National Sorority
Sigma Delta Tau National Sorority
Delta Zeta National Sorority
Alpha Xi Delta National Sorority
Delta Gamma National Sorority
Washington State University
Carnegie Melon University
University of Delaware
University of Denver
University of Miami in Ohio
Wichita State University
Loyola Marymount University
Columbia University
University of Illinois
University of Denver
St. John's University
Cal State Long Beach
Cal State Fresno
Cal State Los Angeles
Northwest State University
St. John's University
Radford University
Elmhurst College
Butler University
Claremont McKenna College
Indiana University

What People are Saying

"Our students and our staff were just wild over her. They felt that she was the person that really understood them."

— RICK MORAT, UNIVERSITY OF THE PACIFIC

"I have to say that this was one of the best programs I have seen in a long time related to women, body image and self worth. The overall response from the audience was excellent. Kudos to CAMPUSPEAK and Juliet for solid, quality programming...again!"

— GINA D'AMATO, ASSISTANT DEAN OF STUDENTS, DREXEL UNIVERSITY, PA

"You really got people thinking! Your background research really enhanced your product. Excellent! Bravo!"

— JESSICA LEARY, PHI KAPPA TAU FOUNDATION

"I was just delighted. So many of the things you brought out, point after point, are the things I have believed all my life, but have felt really lonely believing. It was just great!"

— JOHN MOLL, TEACHER, EASTERN KENTUCKY UNIVERSITY

"Juliet was bright, funny and captivating! Our collegians and alumnae alike so enjoyed her quick wit and thought-provoking presentation. Juliet is a wealth of information...definitely one of our all-time favorite convention speakers."

— ANN BRALY, EXECUTIVE DIRECTOR, SIGMA DELTA TAU NATIONAL SORORITY

"Everything was presented with a touch of humor and wisdom, keeping the presentation very lively. We had fun and learned."

— KIMBERLY GOLDEN BENNER, EDITOR