



Motivational Speaker.
Transformational
Retreats. Coach.

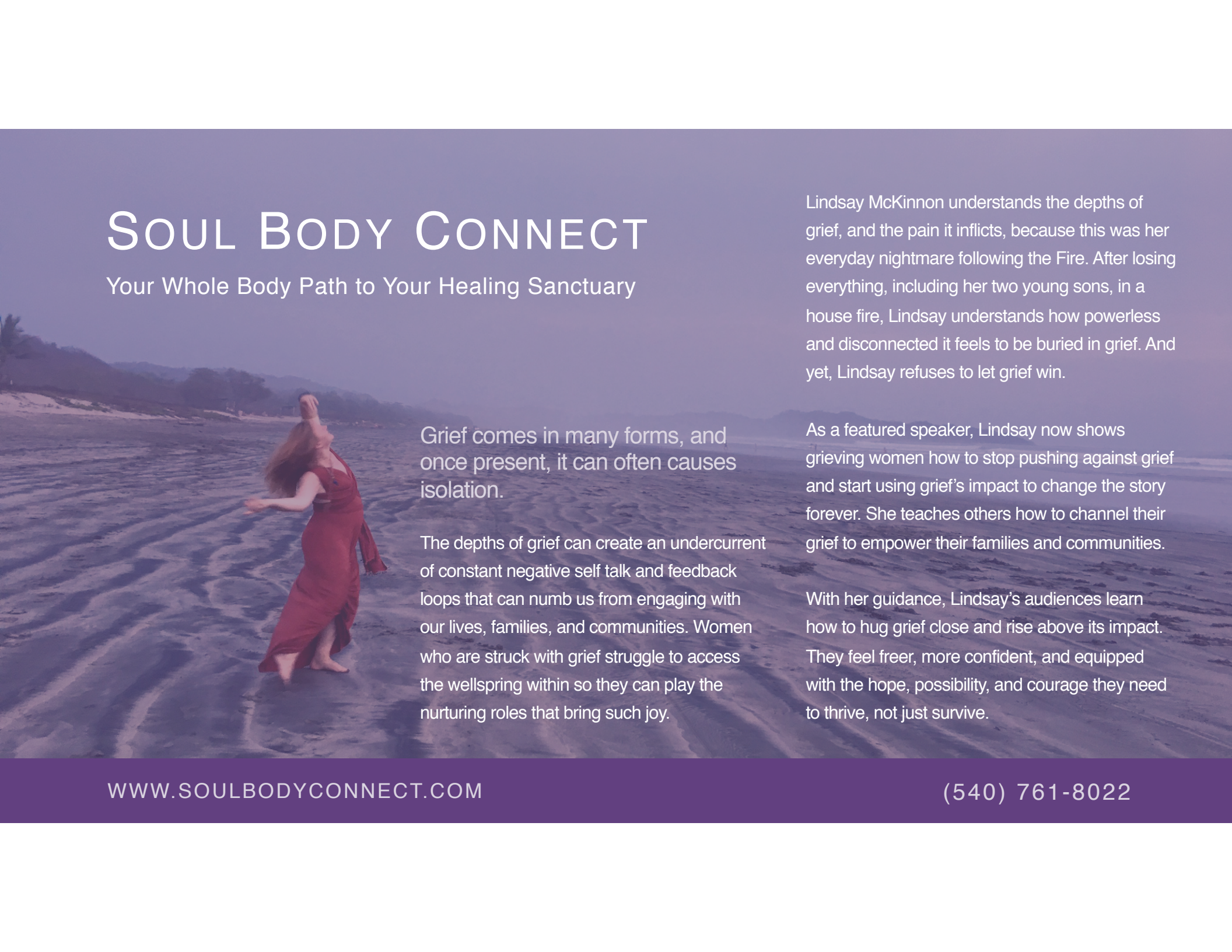
LINDSAY MCKINNON

Survived a house fire that took the lives of her two
sons and now helps women work with their grief
and reinvent themselves from a place of rooted
awakening



SOUL BODY CONNECT

Your Whole Body Path to Your Healing Sanctuary

A woman with long blonde hair, wearing a long, flowing red dress, is captured in a graceful dance pose on a sandy beach. She is barefoot, with her arms extended and her head tilted back, looking towards the sky. The background shows a vast, flat beach with gentle ripples in the sand, leading to a calm sea under a soft, hazy sunset sky. The overall mood is serene and contemplative.

Grief comes in many forms, and once present, it can often cause isolation.

The depths of grief can create an undercurrent of constant negative self talk and feedback loops that can numb us from engaging with our lives, families, and communities. Women who are struck with grief struggle to access the wellspring within so they can play the nurturing roles that bring such joy.

Lindsay McKinnon understands the depths of grief, and the pain it inflicts, because this was her everyday nightmare following the Fire. After losing everything, including her two young sons, in a house fire, Lindsay understands how powerless and disconnected it feels to be buried in grief. And yet, Lindsay refuses to let grief win.

As a featured speaker, Lindsay now shows grieving women how to stop pushing against grief and start using grief's impact to change the story forever. She teaches others how to channel their grief to empower their families and communities.

With her guidance, Lindsay's audiences learn how to hug grief close and rise above its impact. They feel freer, more confident, and equipped with the hope, possibility, and courage they need to thrive, not just survive.

WWW.SOULBODYCONNECT.COM

(540) 761-8022



SPEAKING • STAGES • IMPACT

Working with Grief Instead of Against It

Grief is essential to the healing process. While it's easy to say, it also hurts like hell. So many of us are taught to bury grief, to compartmentalize, ignore, and even fight against its effect. This is your hall pass to embrace grief.

Lindsay McKinnon shares her love-hate experience with grief and how she walks the courageous path towards healing. This isn't a magic bullet for fixing what happened; it's an invitation to reframe what it means to hope again.

Your Get-out-of-Bed Game Plan for Healing through Grief

As women, we feel grief on a visceral level that words fail to truly communicate. When grief hits our hearts, it can send us reeling. No amount of coping mechanisms, well-wishes, and best intentions can shine hope where darkness now dwells.

Lindsay knows the hollow, body-collapsing-on-itself experience when grief hits home. Her story shows women the secret to turning grief's energy into the courageous strength to thrive, not just survive.

ABOUT LINDSAY MCKINNON

Founder and Visionary of Soul Body Connect

Lindsay McKinnon's life was rocked when her home caught fire in the middle of the night. That Fire took her house, all of her possessions, and her two young boys. The waves of grief consumed her, but it was between those waves when grief's greatest lesson shown through. It wasn't until Lindsay embraced grief and channeled its power into meaningful impact that true healing began.

Now, Lindsay gets to help other women harness the same power of grief. As the Founder of Soul Body Connect and aspiring author, she spreads her message to all women who are drowning in the waves of grief. Healing is possible. Grief holds the salve of healing, even if it seems impossible and far out of reach.

Lindsay has spoken on several stages at schools, churches, conferences, and events. She has been interviewed on NBC, CBS, FOX, Facebook Live, and podcasts reaching thousands of people. She speaks for Fire Safety & Rescue Educational Events on a regular basis. Her motto is to create maximum impact while loving and serving the world.



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EXPERIENTIAL WISDOM



“ She was able to take all of us on the same journey that she experienced personally. Lindsay is a special person who has a gift in story telling and the fact that she is so willing to be vulnerable and share her personal experience is a blessing to those listening.

— Carol Young, CEO Healing Strides

“ Lindsay is more than just a speaker. She creates engagement and a highly interactive experience that gets people involved.

— Melinda Cohan

“ Lindsay is a dynamic, engaging speaker with excellent communication skills, a passion for the subject matter, and a unique ability to connect with her audience. Our group thoroughly enjoyed her presentation and I would highly recommend her to any group.

— Dave Cohan

“ It is amazing to me when I hear Lindsay speak the courage and tenacity that she exhibits considering the circumstances she has had to face.

— Brian Simmons, Fire Marshal

As featured on



The Roanoker
METROPOLITAN ROANOKE LIFESTYLES





SOUL BODY CONNECT

“We can do the hard things.”

— Lindsay McKinnon

CONTINUE THE
CONVERSATION



Lindsay McKinnon



@soulbodyconnect

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download a
SNEAK PEAK
of Lindsay's
book