



# How to Use Journaling to Reduce Stress & Prevent Burnout

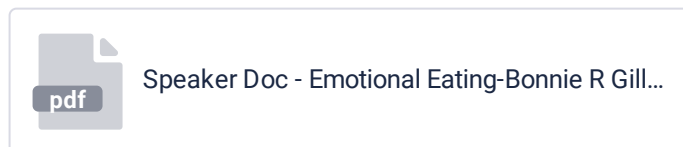
Thank you for participating in our **How to Journal to Reduce Stress & Prevent Burnout Spotcast** event! I'm excited to collaborate with you on this Spotcast Speaker event and share your expertise with our IAJW.org audience and beyond.

## Contact Information

<b>Full Name</b>	Bonnie Giller
<b>E-mail</b>	bonnie@brghealth.com
<b>Phone Number</b>	(516) 486-4569
<b>Website</b>	<a href="http://www.BRGHealth.com">www.BRGHealth.com</a> and <a href="http://www.DietFreeRadiantMe.com">www.DietFreeRadiantMe.com</a>
<b>Address</b>	383 Plymouth Street West Hempstead, N.Y., 11552 United States

## Speaker Page Information

**Speaker packet or media kit (if you have one)**



## Headshot



## Biography or URL to a media kit

Bonnie R. Giller is a registered dietitian nutritionist, certified diabetes educator and certified intuitive eating counselor. She is the founder of BRGHealth.com and DietFreeRadiantMe.com. She helps chronic dieters, emotional eaters, and people with medical conditions like diabetes, break the spell that diets have over them and reclaim WholeBody Trust™ so they can live their life to the fullest.

Bonnie is also a published author of 4 books, her most recent one titled Enjoying Food Peace: Recipes and Intuitive Eating Wisdom to Nourish Your Body and Mind.

## Free Opt-in Gift Information

<b>Description of Free Gift</b>	Handout
<b>Title/Name of Free Gift</b>	20-Day Deep Dive Emotional Eating Journaling Prompts
<b>Link to Free Gift</b>	<a href="https://dietfreeradiantme.com/20days">https://dietfreeradiantme.com/20days</a>

## The Interview

<b>Suggested Interview Title</b>	How to Use Journaling to Stop Emotional Eating
----------------------------------	--

### Interview Questions

- 1) What is emotional eating?
- 2) Are there times when emotional eating isn't "all that bad"?
- 3) How can journaling help with emotional eating?
- 4) Are there specific journaling techniques you use with your clients?
- 5) Can you share one or two examples of how your clients have used journaling to help them manage their emotional eating, and what behavioral changes came from it.

## Promotional Information

<b>Email List Size</b>	3500
------------------------	------

**The Spotcast event starts on Monday, December 2, 2019** and will run for 5 consecutive days. Your free gift(s) will be promoted heavily during this time and also made available for 1 week following the event.

**The promotional period is between November 18th - December 2nd, 2019**, as well as during the week of the Spotcast event **December 2nd-6th** (it can be nice to promote the day before your interview goes live).

It is also nice to send out a mention of the Spotcast the week *after the event*, *December 7th-December 14th* (when the interviews are still available and your gift can still be accessed). After that date, all interviews become unavailable.

**Thank you in advance for promoting this Spotcast event.** Know that I will be actively promoting the Spotcast, as will other speakers in the event. The primary goal is to help as many people as possible with the value that will be offered in these interviews. A second goal is to introduce new people to your work and invite them to access your free gift which helps you grow your subscriber list.

**Please select below the 2 dates you will send your solo email. I will provide promo copy to you by November 8, 2019.**

**Solo Email Date #1** 11/20/2019

**Solo Email Date #2** 12/04/2019

**Additional promotional efforts** Facebook, twitter, instagram, newsletter

**Your Facebook fan page url** <https://www.facebook.com/BRGDieteticsandNutritionPC>

**LinkedIn** <https://www.linkedin.com/in/bonniegiller/>

**Twitter** <https://twitter.com/brghealth>

## **IAJW Spotcast Speaker Agreement**

By signing below, you are agreeing to the following terms:

### **GENERAL TERMS**

- You agree to participate as an Expert for one interview (approximately 30 minutes) on the agreed-upon subject matter
- You agree the interview will be videotaped on Zoom by Lynda Monk, Director, IAJW.org
- Lynda Monk, Director, IAJW.org agrees to provide the back-end coordination and production for this event, including Zoom meeting, event registration, communication with participants, etc.

### **COMPENSATION**

- You agree to do the interview without compensation, and agree not to request compensation from Lynda Monk/IAJW.org at any point in the future

### **INTELLECTUAL PROPERTY**

- The material you share on your expert call is, and will remain, solely yours

- IAJW.org owns the recordings and transcripts of the call. IAJW.org may re-purpose, re-sell or re-use your recording indefinitely, and without compensation to you. IAJW.org agrees to identify you as the interviewee, and provide a link to your website for any and all uses.

- You will be provided with both a video and audio recording of your interview. You are free to re-purpose, re-sell and re-use your expert call recording indefinitely, and without compensation to IAJW.org. In so doing, we ask that you identify Lynda Monk as the interviewer, and provide a link to our website: <http://IAJW.org>

## **MARKETING COMMITMENT**

- You agree to send to your community two (2) solo e-mails and provide social media support for the event including... 1. within the 2 week promotional period, between November 18, 2019 and December 2, 2019 plus 2. during the week of the live event December 2-6, 2019.

- If for some reason you are unable to make the above noted marketing commitments, you agree to contact Lynda Monk via email at: [lynda@iajw.org](mailto:lynda@iajw.org) to make an alternate arrangement. Thanks so much!

## **MEDIA RELEASE**

- I hereby expressly grant to Lynda Monk (LM) the right to use photos and/or audio and visual impressions ("impressions") of me recorded by or provided by me to Lynda Monk (LM), in connection with or as part of any presentation, program, publication, product, transmission or other professional endeavor in which the impressions may be used or incorporated, and also in the advertising, and/or publicizing of any analog or digital works or their content, in perpetuity. I agree that it may be edited or otherwise altered. I understand that these impressions, as well as my name, likeness, voice and biographical material, may be used for commercial, educational or informational purposes, in any manner or media, in perpetuity, throughout the world.

- I waive any rights of copyright or ownership in the resulting commercial, educational and informational materials in which I appear, and acknowledge that no monetary or other compensation is provided in exchange for waiving this right. I also agree to allow all forms of distribution of the materials that accompany the impressions.

- I represent that I have the right, capacity, and authority to enter into this agreement ("the Agreement") and that my participation and performance and the rights I have granted in the Agreement will not conflict with or violate any commitment or understanding I have with any other person or entity.

- I agree to indemnify and hold harmless Lynda Monk/IAJW.org from and against all claims, losses, expenses and liabilities of every kind including reasonable attorney's fees arising out of the inaccuracy or breach of any provision of this Agreement. I expressly release Lynda Monk/IAJW.org from any and all claims arising out of the use of the material.

- I hereby certify that I have read and ACCEPT the foregoing and fully understand the meaning and effect thereof, and intending to be legally bound, hereunto set my signature this:

## **GUEST EXPERT SIGNATURE**

**use your mouse to sign in the box below**

