



ANITA HEIDEMA

Best Selling Author

Entrepreneur

International Speaker

Creator Rich Life & Business

Host of TV show & Podcast

Anita's credentials are extensive, including over 30 years of formal study and management experience; she's studied at Harvard's School of Business, taught at Ryerson University and managed high-level sales and business development for a global, seven billion dollar company. Yet with all this, she still attributes her most valuable learning to the University of Life, which she passionately shares in her book *Vitality Knocks*. "Your best lessons are learned in life if you listen" Book *Vitality Knocks* helps you with this.

A motivated and successful entrepreneur, hard-working Mom of two wonderful children, loving caregiver to her past Father with Cancer and Mom with Lewybody Dementia. She is a health awareness advocate and mentor, Anita is a great role model of what is possible when you never give up on your dreams and are committed to your own personal change and growth. Her motto is "instill a internal legacy to live fully and to your true potential. Learn, experience and love".

Anita Heidema is a Mindset Rich Life & Business Strategist to executives and entrepreneurs who want to live powerful passionate lives. Anita is also a international speaker, Best Selling author to *Vitality Knocks*, Host to AhHa Moments for Success Podcast, creator of the Rich Life & Biz System, Host for Ask Anita TV, and various other programs as travel destinations getaways and online.

TOPICS OF EXPERTISE

RICH LIFE & BUSINESS

Lifestyle, Business, Mindset,
Entrepreneurship, Women in Business,
Couple Businesses

STORY MOTHER WITH LEWYBODY

Dementia and Foundation
Misdiagnosis as Alzheimers

"COOK TOGETHER TO STAY TOGETHER"

Partnership with Chef Dario Tomaselli
www.PassionIsCooking.com

MOTIVATION & LIFE LESSONS

as seen on... **ROGERS tv.** **the WISE WOMAN within** **THE Nikki Clarke SHOW** **daytime** **THE POSITIVE PANEL** **eWomen NETWORK**

Available for Keynote Speaking. TV Appearances, Sponsorship, and Media Branding.

Learn more at www.AnitaHeidema.com

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