



Nelia Hutt

Author • Podcast Host • Philanthropist

"I help people like you discover inner peace and self-love through kindness and helping others."

After years of suffering from negative self-talk, anxiety, depression, and just not feeling good enough, Nelia is finally sharing her secret to a happy and fulfilled life. One that is authentic and full of meaning and purpose.

Her Top 20 Podcast, Giving Starts With You, will take you on a journey from not feeling good enough to finally feeling validated, visible and victorious! She is proud of the obstacles she has overcome and wants to share how she did it with the world! She is passionate about making the world a safe place for all and raising awareness for mental health.

PODCAST BIO

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[Giving Starts with You](#)



<https://www.youtube.com/channel/UC1c6cfjxUxZ16QBtL87M14w>



www.neliahutt.com
www.travellivegive.com



facebook.com/givingstartswithyou



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www.pinterest.ca/TravelLiveGive



<https://calendly.com/neliahutt>



Author Giving My Heart Room To Breathe

https://www.amazon.ca/GIVING-MY-HEART-ROOM-BREATHE/dp/1777670608/ref=tmm_p_ap_swath_o?encoding=UTF8&qid=1619440783&sr=1-1

SUGGESTED INTRODUCTION

She is known as the girl who started the Ukulele Project and the founder of Travel Live Give.com As the Host of The Giving Starts With You Podcast, she is dedicated to helping listeners discover their inner strength resulting in living more peacefully, purposefully and authentically. Life is too short not to!

DISCUSSION POINTS

- Suppressing and Avoiding Feelings
- Starting your Own Mission Trip/Project
- Giving Starts With You - Self-Care
- Slashing Negative Self Thoughts

QUESTIONS TO ASK

- What is the message you want to share in the world?
- What advice would you give someone who was not living their best life?
- How does someone take that first step in creating the life they want?
- What small things can we do today to create a better world?

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