

# Ali Devillier Begnaud

Keynote Speaker

Health & Wellness Coach

[www.natureslinkwellness.com/ali](http://www.natureslinkwellness.com/ali)



Ali Devillier Begnaud is a health and wellness coach and a holistic health practitioner at Nature's Link Wellness Center in Breaux Bridge, Louisiana. She helps clients in every stage of life level-up their daily behaviors so they can reach their long-term mental, emotional and physical goals.

Growing up, natural health was just a way of life in her family. She learned from an early age how important the things we eat, think and do are to our mental, physical and emotional health. But like many of us, Ali's life has had its share of ups and downs. She survived a suicide attempt in 8th grade and later battled postpartum depression at age 33. These experiences drove Ali to find a way to help others find mental and physical balance or overcome health issues.

Today, Ali is living a life she always dreamed of, and she helps others do the same. Ali is a graduate of the University of Louisiana at Lafayette with a degree in psychology and minor in child and family studies and has become a certified natural health professional, holistic aromatherapist, and a health and wellness coach. She uses these skills to help others develop sustainable habits that help them reach their health and wellness goals.

Ali is married to the love of her life and the couple has a sweet baby boy. During her down time, Ali enjoys snuggling on the couch watching movies with her family or traveling the world with her husband.

## Speaking Topics

- Mind/Body Harmony
- Food
- Water
- Sleep
- Exercise
- Supplements
- Community
- Spirituality
- Stress
- Finding Balance

## Health & Wellness Presentations

*Customized for All Audiences*

- Law Enforcement Agencies
- Retreats
- Workshops
- Corporate Wellness Programs
- Medical Facilities
- Sororities & Fraternities
- Clubs
- Community Groups
- Leadership Teams
- Conferences & Conventions