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Heather Sayers Lehman is a TEDx speaker who focuses on the dynamics of behavior change. She has enjoyed a passionate career in health and well-being for over 30 years. Heather founded Overcoming U - Cultivating Employee Well-Being, a unique platform that offers comprehensive health and well-being courses, webinars and health coaching for employee wellness programs. The focus is on empowering individuals to build skill sets and change mindsets, leading to the creation and maintenance of healthy habits. Heather hosts the podcast *The Air We Breathe: Finding Well-Being That Works for You*. The podcast supports healthy behavior change by debunking health myths, navigating health enhancement without obsession or exhaustion, and learning to seek peace over perfection. She authored *Don't Eat It. DEAL With It! Second Edition: Your Guidebook on How to STOP Eating Your Emotions* to help readers create a healthier relationship with food. The guidebook enables readers to improve self-talk, expand emotional coping skills, create mindful eating practices and foster self-compassion.