

About Jeanette DePatie AKA The Fat Chick



Jeanette DePatie is one of the top college speakers in the country.

Here's why: She's funny, her powerful stories keep audiences mesmerized and she "keeps it real" about networking, communicating and living your best life. As a plus-sized, licensed fitness instructor, Jeanette has faced plenty of criticism about her body. But she hasn't let that keep her from doing a **marathon** working as a **Hollywood Producer** and, from appearing on **national television**. The challenges she's faced has fueled a deep and abiding interest in fighting for social justice and diversity in education, business and entertainment.

Jeanette's passion stems from the realization nearly 30 years into her life that she had spent her entire life "weighting" around to have the socially acceptable body she thought she needed to pursue her dreams. Realizing that a **"perfect body" is neither attainable nor necessary for the vast majority of people**, she resolved to stop obsessing over her body and start living the life she'd always dreamed of. Since that time, Jeanette has worked as a producer with many of the top Hollywood studios including **Disney, Fox, HBO, Paramount, Sony Imageworks, Universal and Warner Bros.** Jeanette's life is one that we can celebrate as proof that **you don't fit any specific societal mold have the life of your dreams.**



Jeanette talks with Katie Couric.

Read these amazing success stories and see for yourself how Jeanette DePatie can help folks learn to love their bodies and love exercise again...

"The people love it. They all vie for a chance at the remote answer button. Jeanette intersperses the electronic game with exercise segments that fill the room with laughter. Her routines are gentle and can be done by any fitness level, physical ability, or size. The music is upbeat and fun and the dance steps and movements make for a lot of smiles and laughter. She presents with humor and a gentle spirit that creates a non-judgmental atmosphere."

Vicki, Kaiser Permanente

"Jeanette is one of the best speakers we've ever had for our organization. **The ladies were laughing their heads off and learning too!**"

Jean, Duarte Women's Club

"I felt so overwhelmed by the certainty that in those moments you were sharing with the group you were absolutely fulfilling your purpose in this life. You are so gifted and so talented - **when you open your heart and share with people about these important things, I feel God moving through you.**"

Julianne

"You made something click in me...I had been thinking it didn't apply to me...because maybe I wasn't doing things right. Maybe I shouldn't worry about "right" and "wrong" **and just be thankful for me.** I'm having a happy moment...and tearing up..."

Suzie

Looking for a speaker that really CONNECTS

with your students and helps them build confidence



Dear Event
Coordinator
Friend,

You're
going to
love this.
Seriously.

For over ten years, coordinators and managers have entrusted me with students like yours to connect with them as a friend and mentor and help them cope with some of the most **challenging issues facing young people today**. I have helped them learn to love their bodies, network like a champion, plan like a producer and communicate with anybody!

I have created some specific techniques for getting students to stop obsessing about perfection and **learn to live their very best lives right at this very moment**. I've gotten some pretty great airtime talking about these things.

But that isn't important. What is important is that these strategies **actually work to make a difference in the lives of young people**.

Although I spend a lot of time on television, my real passion is working hands-on, helping students learn to stop putting themselves (and others) down and putting their lives on hold because of self or outside hatred. The programs I've developed help students **reduce stress**, increase productivity and **achieve more** all while living **healthier** and better lives.

When you bring me in, the message not only has an instant effect, but also connects with students in a way that **lasts a lifetime**.

I **guarantee** results that will make you look like a superhero.

Let's do it!

Keynotes and Workshops



All Bodies are GOOD Bodies (Even YOURS!)

(Love Your Body Week)

In this world of Photoshopped and airbrushed bodies we are expected to be "red carpet ready" 100 percent of the time. But in the real world, where you have term papers due, exams to study for and no onsite staff to do your laundry, it doesn't always work that way. In this seminar, Jeanette DePatie (AKA The Fat Chick) shares with students important information about how people of all shapes and sizes can learn to love the skin they're in.

Students will learn:

- How to stop putting their lives on hold while waiting for the "perfect body"
- How to effectively evaluate claims from advertisers and the weight loss industry
- Why even Cindy Crawford wishes she looks like Cindy Crawford (hint Adobe PS)
- How to recognize triggers for disordered eating and put body size in perspective
- How to separate health from size and achieve wellness without worry
- How body snarking affects the way you think about the way you think about others and the way you think about yourself, and
- Why you must never, ever say you hate your thighs.

了解文化增加社交能力 創造機會



American Networking Superstars

(Freshman Orientation/Career Fairs)

Networking can be really tough—especially when you're not from around here. Jeanette offers tips for helping non-native students master "American Style" interviewing and networking skills. Students no longer have to face the glass, bamboo or any other form of career ceiling, as they will know how to get along, get the job and get promoted to build the career of their dreams.

Students will learn:

- How to stand, dress and pose to seem powerful and confident
- Where to fall on the spectrum from meek to assertive to aggressive.
- How to begin, join and end a conversation.
- How to handle unfamiliar (work and play) social situations.
- How to recognize and tell a joke, and when they SHOULD'N'T laugh,
- How to present themselves at a job interview, and
- How to make sure they get noticed, get recognized and get promoted.

Jeanette is most requested for Love Your Body Week, Anti-Workshops, On-campus health, Greek/Panhellenic events,

building, communicating and connecting ? (Then keep reading!)



Don't Be a Bully! (Managing conflict)

(Diversity, Orientation, Anti Bullying)

When it comes to bodies, one has to wonder, can't we all just get along? In this seminar we will discuss why you shouldn't bully anyBODY (especially your own!) We'll talk about how and why the media builds impossible standards of beauty and the extraordinary efforts we are willing to make in order to reinforce those standards. We'll also talk about how social media impacts the way we look at and talk about bodies.

Students will learn:

- How to recognize and ultimately moderate the voice of their inner critics
- How body bullying affects health
- Why body snarking is NEVER a good idea
- How unrealistic beauty ideas affect our society as well as our mental health
- How social media not only perpetuates body bullying, but also offers relief
- Why you should never allow the body police to pull you over to the side of the road
- Why you must never, ever say you hate your thighs, and
- How beauty is actually far more complex and far more diverse than you may think.



Jeanette and Joss Whedon at dinner...

Producing Your Best Life (A Hollywood Life Lesson)

(Motivation/Career Development)

As a power producer and board member for the Producers Guild of America, Jeanette DePatie has worked with most of the major studios in Hollywood. From her humble beginnings in rural Wisconsin to working with major Hollywood directors (Martin Scorsese), creators (Joss Whedon) and stars (Josh Hutcherson) Jeanette used her no-nonsense, get it done style to build a career in the sexiest town on earth.

Students will learn:

- How to stop preparing endlessly for "life auditions" and build their own careers.
- How to manage their projects, their money and their lives like producers.
- Why story tellers are more successful.
- How to network like a rock star.
- How to build winning teams and how to cope with friends and co-workers that won't come out of their trailers.
- Why you need to build respect before you build rapport.
- How to be an all-star negotiator and walk away from the table a winner every time.

Speaking Experience

An abbreviated list:

- USC–Body Love Week Keynote
- Dickinson College–Love Your Body Week Keynote
- Riverside Baptist College–Stop the Pain Anti-Bullying Conference
- Chinese-American Engineers and Scientists Association of Southern California
- National Association of Broadcasters
- CES
- The American Cancer Society–Relay for Life,
- City of Hope and Head Start
- Hard Rock Hotel, Las Vegas

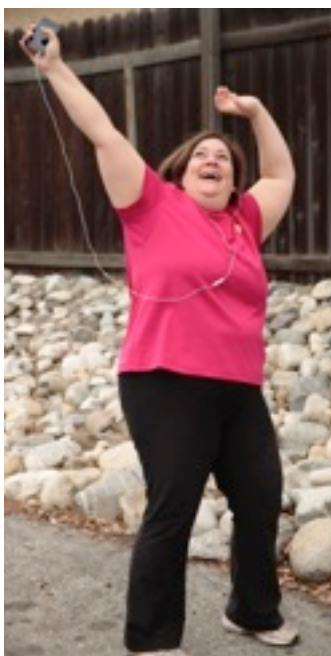


Don't let somebody else take your date!
Check the schedule:
fatchickspeaks.com

Bullying, Freshman Orientation, Diversity, Campus Wellness, Job Fairs and Networking Events.

The Fat Chick, LLC
710 S. Myrtle Ave.
Suite 233
Monrovia, CA 91016
www.fatchickspeaks.com
1-323-801-8832

You've Seen Her On



Positively the best speaker to teach your students to live, laugh, and "rock righteously hard" RIGHT NOW!

(See Inside)



"In my 30 years as a Health Educator, her presentations stand out as some of the best and most participant-friendly I have experienced."

-Vicki Kaiser Permanente

Book today!

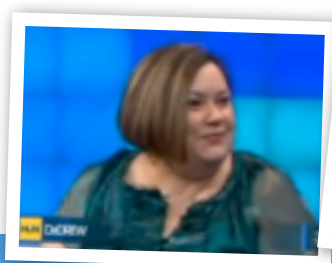
Learn why Jeanette DePatie is booked to speak at schools and colleges again and again!

"Her workshop, at our event at California Baptist University, for over 600 people was OUTSTANDING. The workshop received positive remarks from all participants and excellent overall rating. And the workshop was filled to capacity! Because of her knowledge and experience, we were a complete success!"

Kandee Lewis, Executive Director, The Positive Results Corporation

"Jeanette is down-to-earth, accessible and easy to understand. The kids had a great time, and we are glad to book her again and again."

Jasmine, Head Start Program



323-801-8832 * jeannedepatie.com