

# **Judy Helm Wright**

**Author and Speaker at Artichoke Press LLC**

Missoula, MT, US

Enthusiastic keynote and conference speaker on RESILIENCE and being a Bounce-Back person. Brings scientific study and life examples of the p

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## **Biography**

\_"Visiting with Judy is like having a cup of tea with a loving auntie"\_ Judy is a life educator, family coach, and keynote speaker who has written more than 20 books, hundreds of articles and speaks internationally on family, parenting and relationship issues, including communication, encouragement, and end of life. She also focuses on personal issues like anxiety, depression, confidence and self-esteem and works with many small and large organizations-- from Head Start to child care resource centers. Artichoke Press is not Judy's only self-starter project. Judy has owned and managed numerous small businesses, and her entrepreneurial experiences as a mother of six and a stay-at-home-mom is what prompted the National Association of Home-Based Moms (NAHBM) invite her to join their expert advisory council. The symbol of the artichoke has great meaning for Judy in her teaching and writing. As she works with families, she sees that frequently only the outer edges are exposed, which can be prickly and sometimes bitter to the taste. But, as you expose the artichoke and people to warmth, caring, and time, gradually the leaves begin to open and expose the real treasure--the heart. The artichoke also became a teaching lesson when Judy, as a young military mother, moved her family into military housing in California to find a surprising collection of artichokes planted in their yard. Knowing it takes two years for the vegetable to grow, Judy realized the original gardener never saw the fruits of their labor, but planted the artichokes anyway. Judy was reminded by this experience that many times in life our actions toward others are felt by people we will never meet, but we plant the seeds of kindness anyway. You will enjoy Judy's approachable manner, wonderful storytelling and common- sense solutions gleaned from working with hundreds of families and organizations just like yours. Your encounter with Judy will leave you feeling inspired, entertained, and especially motivated.

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## **Availability**

Keynote, Moderator, Panelist, Workshop, Host/MC, Author Appearance

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## **Industry Expertise**

Social Services, Education/Learning, Health and Wellness, Military, Elder Care, Publishing, Women, Professional Training and Coaching, Media - Broadcast, Childcare

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## **Areas of Expertise**

Resiliency - Bounce Back Person, Power of Encouraging Words, Motivational, Respect  
Responsibility & Resiliency, Broke But Not Broken

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## **Affiliations**

Association of Personal Historians, Montana StoryKeepers, Boomer Women, National Speakers Association, Women Who Dare, MBN, [www.theWINonline.com](http://www.theWINonline.com), Missoula Business Women's Network, Missoula Business Women's Network, Women Speaker's Association-Founding Member

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## **Sample Talks**

### **Who Owns the Problem? Teaching Responsibility, Respect, & Resiliency**

Responsibility in children - or anyone - is much more than just remembering to feed the dog and take out the trash. Assuming personal responsibility also means an inner awareness of how your actions affect others, especially in the arena of feelings and emotions. It is also the ability to understand why rules and kept promises are important in a civilized world. In this workshop, we talk about the other 3 R's of: Responsibility, Respect and Resiliency. Who should attend? Parents, grandparents, and others who care about youth Teachers, administrators and school counselors PTA officers and members Child care providers Clergy Youth judicial systems Those who work with youth in crisis Managers who want to create a better workplace Participants will learn about: How to model the 3 R's How to teach with natural consequences How to teach with logical consequences How to let kids fix their own mistakes When and when not to be an enabler Seminar length can be one to three hours. As always, workshops and speeches are custom-designed to fit the needs of your organization and the individuals who attend.

### **Who Nurtures the Nurturer? Who Cares For the Caregiver?**

You can't get drinks from an empty well! By practicing strategies and techniques taught in this workshop, caregivers and nurturers can learn to forestall compassionate burn-out and practice self-care without feeling guilty. Compassion fatigue is another form of heart disease. Those who are in the business of being caregivers, whether that position is paid, volunteer, or drafted, frequently neglect to recharge their own batteries. By practicing the strategies and techniques taught in this workshop, caregivers can learn to ration energy and forestall burnout. This workshop or in-service is perfect for those who are charged with helping others: Counselors Nurses Doctors Social Workers Teachers Parents Managers Assistants to developmentally or physically disabled Anyone who is in a position of helping others Participants will learn how to: Ask for and accept help Ration energy Take one-minute breathers Recognize their own needs Speak up assertively if they are being taken advantage of Replenish their stores of patience Acknowledge daily successes Give and receive TLC Seminar length can be one to three hours. As always, workshops and speeches are custom-designed to fit the needs of your organization and the individuals who attend.

### **Bounce Back From Anything - A Balanced Life**

Are you struggling to balance the different areas of your life? Do you wish you could overcome the adversity and experience emotional freedom? Learn to become a resilient Bounce Back Person with Empowerment Coach, Judy H. Wright. This inspiring seminar, based on Judy's latest book "Out of Balance ? Be a Bounce Back Person", will allow audience members to achieve new methods: To see every challenge as an opportunity To see your everyday struggles as stepping stones Master your fear and find new strengths Gain techniques to find resiliency and rhythm in your life To experience emotional freedom from doubt, discouragement and despair Master setting boundaries and being consistent in keeping them Ask for what you want in life The audience will gain information and enlightenment about: The six areas of life ? Family, Social, Financial, Spiritual, Emotional and Physical Health How belief systems are formed Why money isn't real The difference between feelings and emotions Overcoming social anxiety How to make friends and build community Trusting your intuition How an extra \$200 a month can keep you from bankruptcy Why you cannot smile and be depressed at the same time And ? - ? 101 encouraging words and phrases Seminar length can be one to three hours. As always, workshops and speeches are custom-designed to fit the needs of your organization and the individuals who attend.

### **Smart Cookies Don't Crumble**

This is a very interesting time to be alive. Many people are paralyzed with fear and see circumstances and events all around them to be concerned about. They become stuck in an negative rut and assume that a temporary situation will never change. Many others are energized with excitement and opportunities to grow and develop in new ways and new directions. They re-frame the situation into a learning experience and rebound from adversity. We are all shifting from what was to what is and to what will become. Although life circumstances can be difficult, the life-skill of resiliency can be learned and modeled. Your organization, and you, can control how disappointment, discouragement can be turned into positive experiences. Taught by author Judy H. Wright whose latest book- Out of Balance? Be a Bounce Back Person is available on Amazon, Kindle and <http://www.bouncebackfromanything.com> She is also a radio host and international speaker who knows how to involve the audience in this hands-on keynote and conference topic. Expect to gain: 1. Techniques to learn optimism and re-frame problems 2. Solid research on why resiliency is important 3. Problem-solving and goal-setting skills 4. Methods of encouragement for discouraged employees or family 5. Why it is important to be resilient in all six areas of life Who Should Attend? 1. Law enforcement 2. Social services 3. Those dealing with grief and loss 4. Those who are facing financial crisis 5. College and Vo Tech students and staff 6. Non-profits 7. Churches and Synagogues 8. Military spouses and support groups 9. Anyone who has had adversity in their lives (oh yeah, that would be all of us.)

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## **Event Appearances**

### **Title**

Life Long learning Center

### **Title**

National Speakers Association, Mountain West Chapter

### **Title**

Mutual of Omaha Aha Moment

### **Title**

Radio Interviews

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## **Education**

### **BTD (Been There Done That)**

FABW (Found a Better Way) WWW (Wise Witty Woman) Life Long Learning

### **Utah State University, University of Montana**

Life Long Learner English and Social Work

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## **Accomplishments**

### **Radio Talk Show Host**

Weekly radio talk show found at [www.blogtalkradio.com/auntieartichoke](http://www.blogtalkradio.com/auntieartichoke) interviewing experts in self-development and other guests.

### **Author of over 20 books**

I have had the honor and pleasure of writing over 20 books and many, many articles on many topics. Some of my books are available at Amazon, Kindle, Smashwords as well as <http://www.ArtichokePress.com>

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### **Testimonials**

#### **Frances Flahtery**

Judy has spoken several times at functions for the Missoula Business Women's Network. She is an excellent speaker and is very knowledgeable in many areas. She is witty and able to get the audience thinking and laughing. I highly recommend Judy as a speaker or a writer.

#### **Judy Gilman**

Community Involvement? Judy has been a tireless contributor to the Missoula community. She has been on many advisory boards including Opportunity Resources, Montana Story Keepers, Partners in Home Health, Hospice House of St. Patrick Hospital and the Women's Auxiliary of the VFW. She also volunteers time writing end-of-life stories for Hospice.

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