

LOVE MATTERS

Love yourself well

SPEAKER

Kelly Cazzell

Kelly Cazzell is the creator of Love Matters, a Scripture based program that helps women learn to love themselves well and live on purpose. She spent more than 15 years as a civil engineer designing bridges, so she still finds herself asking what's actually holding a life up.

Learning to love herself well changed how Kelly treated herself and how she made decisions. It became central to her own healing, and it's why she believes the way we love ourselves can change every part of our lives.

She draws on how Jesus lived and talks about what that looks like in everyday life, with a little humor and no pretending.

Kelly lives in northern Utah with her two grown kids and her two very energetic dogs, Goose and Gunner.

SIGNATURE TALK

Love Yourself...Change Your Life

We hear "love your neighbor as yourself" all the time, but rarely stop at the second half. Kelly walks through what Scripture says love actually is (patient, kind, safe) and what changes when women start treating themselves that way.

A clear picture of love

What loving yourself is and isn't, grounded in 1 Corinthians 13 and how Jesus treated people.

Permission to stop abandoning themselves

How to notice self-abandonment and choose themselves without guilt.

Small, steady next steps

Simple habits and boundaries that hold a life up, physically, emotionally, spiritually and financially.

GREAT FOR

- Women's retreats and conferences
- Church women's ministries and Bible studies
- Mothers' groups and community events
- In person or virtual

KEEP IT GOING

Kelly can follow the talk with **Love Matters**, her 14-day Scripture-based class, so your group keeps growing together after the event.

Book Kelly: kellycazzell.com/speaking