



# Ramona Wink

MOTIVATIONAL CHANGE AGENT

**Ramona Wink**, tLMHC, is a licensed mental health counselor at 515 Therapy and Consulting in West Des Moines, Iowa and a motivational public speaker. She is also a CHANGE agent and an authority on how to make powerful, profound and productive CHANGES in your life, both personally and professionally. This woman does not just talk the talk; she has walked the walk of CHANGE.

While Ramona loves working with therapy clients to make CHANGES in their lives, she is also passionate about being a CHANGE agent to larger audiences. As a motivational public speaker, Ramona's style is best described as inspirational and instructional. Ramona's captivating personality quickly grabs and holds the attention of her audience. Whether she's speaking to a group of students on a college campus, business leaders at a corporate office, a small group of farmers at a local café, or leading people of faith who gather at a church, Ramona channels her God-given gifts and her on-fire passion to reach people. Her mission is to be a CHANGE agent who delivers power-packed, customized messages to support attendees in living their best life and accomplishing their professional and/or personal goals.



## Making Peace With Change

Are you tired of dealing with the problems in your life, personally or professionally? Do things never seem to CHANGE? When you're in a rut, it's clear that the "same old, same old" isn't working. While that may be obvious, you may feel stuck in knowing how to make the necessary CHANGES to move forward and better your life. If that's your situation, this presentation is custom designed for YOU!

Ramona Wink, a licensed mental health therapist and a master CHANGE agent, will instruct and inspire you to take a new pathway, try a new method, and make a new plan. In this 60-minute seminar, you'll receive step by step instructions on how you can CHANGE your life forever! If you're ready to get out of the rut, if you're tired of spinning your wheels and going nowhere, if you're ready to CHANGE, this one hour with Ramona will produce BIG dividends.

## Lead with Love – Lessons of Love to Live By in a Hate-Filled World

Racial tensions in America are sadly nothing new. The death of George Floyd in Minneapolis, Minnesota directed the spotlight on this dark problem that has plagued the "Land of the Free" for centuries. Due to Covid-19 restrictions, people seemed to have more time and more interest in paying attention to this atrocity. After the initial shock wore off, people of all races, people of all ethnicities, people of all socio-economic backgrounds wanted to make a positive difference.

Through real-life case studies from her work as a mental health therapist, Ramona shares the 12 ways that her clients are learning to LEAD WITH LOVE in their lives. This impactful program will give you actionable ideas on how to confront hate with LOVE and make an impact of your own. If you have been looking for a way to make a positive difference in a negativity-filled world, this seminar is for you! LEAD WITH LOVE promises to change your life and the world in powerful ways!

## The Mind Field

Ramona Wink is a licensed mental health therapist and motivational public speaker who has a passion to reach farmers and the ag community at large. During the farm crisis of the 1980's, Ramona's family experienced the type of loss that plagued farmers everywhere. When her father narrowly avoided suicide and checked himself into a psychiatric hospital, Ramona knew studying mental health would be part of her life story.

With farmers struggling once again, Ramona is passionate about bringing a message of hope and healing to those who work the land and feed our country. In this 60-minute presentation, farmers will learn some easy to implement steps that they can plant into the fields of their minds and reap a plentiful harvest.





## Five Keys to Adulting Successfully

According to the National Institute of Mental Health, young adults (18-25 years old) have the highest prevalence of any mental illness compared to adults in any other age group. Ramona Wink is a licensed mental health therapist who is passionate about helping young adults successfully navigate the waters of "adulting". Her current caseload is made up of many "20-30 somethings" who are struggling to manage their finances, discouraged in their romantic relationships, fearful to pick up the phone and make a call that their job requires them to make. These emerging adults are often "using and abusing" to escape the realities of life that they're not equipped or prepared to handle.

Armed with her own observations from her work as a therapist and tools that she teaches her clients, Ramona Wink reaches young adults who may be having a difficult time but aren't seeing a therapist. In this 60-minute presentation, students will learn Ramona's leading recommendations in the areas of finances, relationships, healthy vs. unhealthy coping skills, overcoming fear, and vocational satisfaction.

Students - you'll learn practical and powerful pointers by signing up for this one-hour seminar!



*Connect with  
Ramona!*

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319-212-0366



## *Testimonials:*



**Mike, Attorney** — Des Moines, IA  
(Name changed to protect client confidentiality)



*A few hours with Ramona will change your life. I had spent years reading the best-selling books on successful habits, personal philosophies, and motivation. I attended any personal improvement courses that my employer offered. Honestly, I never found any long-term change. In my first encounter with Ramona, I learned more about myself than I had in all of my reading and learning combined. I am a totally different person today, and I owe most of it to Ramona."*



**Molly Rose Speed** — Destin, FL



*Within the first 20 minutes of her presentation, I was on the edge of my seat, engaged, excited and captivated by the stories and lessons that she had to share. Ramona is a wake up call to the change that everyone goes through in the world and serves as a guide to go through it with confidence and happiness. Ramona's presentation is life changing."*



**Adam Carroll**, — Speaker/Author — Clive, IA



*Ramona Wink is the kind of speaker that will make you laugh, look at your life differently and CHANGE your perspective on what's happening around you. Her work as a licensed mental health counselor makes her presentations all the more real as she shares aspects of what ALL of us are dealing with but maybe hesitant to face. Point blank, she's absolutely refreshing."*