

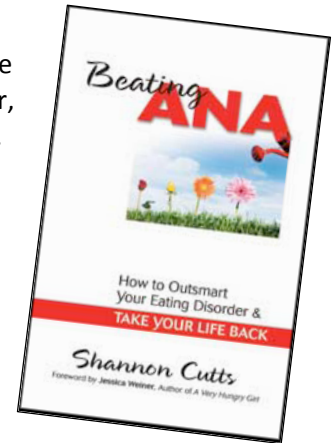
Shannon Cutts.

Author. Speaker. Singer-Songwriter.

Shannon's practical yet lighthearted approach to even the toughest subjects has made her an international role model and inspiration for people seeking hope in the midst of life's challenges. A former Billboard World Song Contest first place winner, she has also produced two CDs of original songs to complement her speaking work.

Recently profiled in *Glamour* and *Woman's Day* magazines for her ground-breaking work to promote the impact of **peer mentoring for eating disorders recovery**, and author of *Beating Ana: How to Outsmart Your Eating Disorder and Take Your Life Back*, Shannon never tires of reminding event participants that "relationships replace eating disorders".

"Talk about it", Shannon urges her audiences. **"Reach out for support. Everybody struggles with something - it is what we DO with our struggle that counts. Struggles can make us great – if we will allow it."**



Beauty Undressed

Shannon has presented her popular "Beauty Undressed" program at more than 100 venues in the last five years.

She is a frequent invited guest speaker at national conferences, including the *Binge Eating Disorders Association* (BEDA) and the *International Association of Eating Disorders Professionals* (iaedp).

What makes Shannon different from other speakers on the topic of eating disorders recovery? As the founder of MentorCONNECT, the first global eating disorders peer mentoring community, Shannon brings MentorCONNECT with her wherever she goes. Students and staff do not leave an event without access to immediate, no-cost resources to take the next steps to get help right away.



"Beauty Undressed" brought to light the issues that many students struggle with in our community. Students felt the program to be enlightening and thoroughly beneficial for all those who attended. Further, Shannon's presentation helped to battle the stigma and silence that surround mental health issues. -Sabrina Stephen, Trent University-Ontario

This was the first big speaker that we've had to campus in while...it was a new effort to connect to the students, and Shannon made it very easy. Not only was she engaging and present for all of the staff and students before the presentation but she also engaged the students incredibly during the program and again in the evening over a meal. Everyone had great things to say— they could all relate and found it engaging, humorous, and yet touching. -Laura Anderson, Fisher College

**** For more information or to schedule Shannon's visit to your group, please contact On Demand Programs and Events at 215-579-1836 or natkaye@starlinx.com**

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