

BETTY JEAN AUCOIN

Author | Keynote Speaker | Wellness Advocate

BA, BEd, MEd • Nova Scotia, Canada

Living fully, even with uncertainty.

A personal story. A practical message. An invitation to rise.



MEET BETTY JEAN

Betty Jean Aucoin is a retired educator, former principal, professional learning leader and adjunct professor with more than three decades of experience connecting with audiences and facilitating meaningful learning.

Living with stage IV metastatic breast cancer, Betty Jean brings both professional insight and personal experience to conversations about uncertainty, self-care, self-advocacy, resilience and the everyday choices that support quality of life.

As a yoga and mindfulness instructor, wellness consultant and author of *RISE: Living Life Over Cancer*, she advocates integrative care: evidence-based medical treatment complemented by supportive approaches to mind, body, heart and spirit. Her message honours difficult realities while making room for joy and purpose.

SPEAKING EXPERIENCE & MEDIA

- Every Step Matters: Terry Fox assembly presentation at Bluenose Academy
- Wellness and self-care presentations for retired educators and community audiences
- Cancer conversations and interviews: CBC Radio Mainstreet, The Patient Story and CBCN
- Author events, library discussions, yoga and community wellness gatherings

Explore previous speaking events, including self-care and wellness presentations:

www.livinglifeovercancer.com/speaking

"In a culture where the word cancer is often spoken in hushed tones, Betty Jean uses her powerful voice to empower others to take charge of their health."

Kelly Humphries, Registered Psychologist | Published endorsement

SIGNATURE KEYNOTES & PRESENTATIONS

Keynotes can be adapted for conferences, healthcare audiences, educators, wellness communities and retreats.

RISE: LIVING LIFE OVER CANCER

Finding Hope, Purpose and Joy While Living with Uncertainty

SIGNATURE KEYNOTE | FORMAT AND LENGTH TAILORED TO YOUR EVENT

A lived-experience keynote about navigating uncertainty with hope, self-advocacy and purpose. Betty Jean weaves personal story with practical insight, showing how integrative care and supportive self-care can help people live fully, even in the face of an incurable diagnosis.

THE POWER OF SELF-CARE

Integrative Practices for Mind, Body, Heart & Spirit

This presentation explores self-care as an essential part of living well. Participants are invited to reflect on boundaries, rest, mindfulness, nourishment, movement and supportive relationships, while leaving with practical strategies that can be applied in daily life.

RESILIENCE, MINDSET & MEANINGFUL CONNECTION

Navigating Change, Uncertainty & Life with Intention

How do we stay grounded when life changes? This session explores the mindset shifts, supportive relationships and everyday practices that help us move through challenge with greater resilience, compassion and connection.

MOVE: THE POWER OF MOVEMENT

Regulating the Nervous System, Releasing Stress & Reconnecting

Drawing on neuroscience, mindfulness and lived experience, Betty Jean shows how intentional movement can help calm the stress response, regulate the nervous system and strengthen social connection. Brief, accessible movement experiences offer practical tools for everyday life.

BEST FIT AUDIENCES

Hospice and palliative care audiences, cancer patients and survivors, caregivers, healthcare teams, educators, wellness communities and workplace groups.

INVITE BETTY JEAN

Available for keynotes, workshops and facilitated conversations across Canada.

livinglifeovercancer.com/speaking

bjaucoin@livinglifeovercancer.com

REAL STORIES • REAL TOOLS • REAL HOPE