

# Betty Jean Aucoin, M.Ed.

Author | Speaker | Professional Learning Leader and Facilitator

Founder, Living Life Over Cancer Wellness & Coaching

*"Self-care is the new Health Care."*



**A grounded voice for resilience, hope, self-care, and whole-person wellness.**

## ABOUT BETTY JEAN

Betty Jean Aucoin is an author, retired educator, speaker, professional learning leader and facilitator, and founder of Living Life Over Cancer Wellness & Coaching. Following a breast cancer diagnosis in 2019 and recurrent stage IV breast cancer since 2023, she shares a message of resilience, hope, self-care, and whole-person wellness.

Through writing, speaking, professional learning, and community conversations, Betty Jean invites audiences to reflect on how they can live with greater intention, support the mind, body, heart, and spirit, and rise within the life they have now.

## ABOUT RISE

***RISE: Living Life Over Cancer - Inspiring Hope & Defying Limits*** is part memoir and part practical guide, offering a personal and practical look at living with cancer while choosing hope, purpose, mindful self-care, and tools for everyday life.

For cancer patients, caregivers, families, wellness communities, educators, and anyone navigating uncertainty, change, or healing.

**Available on Amazon (Canada, US, UK, and Australia).**

## AVAILABLE FOR

- Podcast interviews
- Book club visits and author Q&As;
- Library author talks
- Wellness events and cancer support groups
- Women's groups and community gatherings
- Educator wellness sessions
- Keynotes and workshops
- Media interviews

## SPEAKING & INTERVIEW TOPICS

### Living Life Over Cancer

Choosing hope beside uncertainty.

### Self-care as Health Care

Why caring for ourselves is essential, not selfish.

### Thriving Beside Uncertainty

Living fully while carrying the unknown.

### The Healing Power of Storytelling

How lived experience creates connection and courage.

### Mind, Body, Heart, and Spirit Wellness

Practical tools for supporting the whole person.

### From Educator to Advocate

Lessons from education, leadership, cancer, and community.

## FEATURED EXPERIENCE

- CBC media conversations
- Halifax Wellness Show exhibitor and speaker
- Library and community book events
- Book club and author conversations
- Speaker at wellness, education, and community events
- Retired educator and professional learning leader

## SAMPLE INTERVIEW QUESTIONS

- What inspired you to write RISE?
- What does "living life over cancer" mean to you?
- How has self-care changed through your journey?
- What would you say to someone newly facing uncertainty?
- Why is storytelling part of healing?

## Contact & Booking

Website: [livinglifeovercancer.com](http://livinglifeovercancer.com) | Email: [bjaucoin@livinglifeovercancer.com](mailto:bjaucoin@livinglifeovercancer.com) | Book: RISE: Living Life Over Cancer

*Hope. Resilience. Self-care. Whole-person wellness.*



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