



Christy Holt

RELATIONSHIP EXPERT - BEST-SELLING AUTHOR - PODCAST HOST



EXPERTISE

- Transforming relationship struggles through authentic self-expression
- Breaking free from people-pleasing to embrace true self
- Building genuine connections through emotional intelligence
- Setting healthy boundaries for fulfilling relationships
- Moving from stuck to unstuck in love and life



SPEAKING TOPICS

- Authenticity: The foundation of fulfilling relationships
- Self-Relationship: How authentic self-love impacts all connections
- Boundaries and Self-Expression: Balancing love for self and others
- From Stuck to Unstuck: Practical steps to transform your love life
- Emotional Intelligence: The key to deeper, more authentic connections



VALUE FOR YOUR AUDIENCE

- A fresh perspective on relationships: growing through authenticity
- Practical tools for genuine self-expression and boundary-setting
- Insights on breaking free from inauthentic relationship patterns
- Actionable steps to cultivate self-love and improve all relationships
- Inspiration to embrace wholehearted, unconditional love
- Strategies for creating the happy life, love, and legacy that aligns with your true self

READY TO OFFER YOUR LISTENERS AN AUTHENTIC, EMPOWERING PERSPECTIVE ON LOVE AND RELATIONSHIPS? CONTACT CHRISTY TO SCHEDULE AN ENGAGING, VALUE-PACKED INTERVIEW TODAY!

Christy Holt, AKA The Happiness Hussy, is a relationship expert and international best-selling author. As the host of the "Create Your Happy" podcast, and author of "Love, Unstuck" Christy brings raw authenticity and paradigm-shifting insights to discussions on love, relationships, and personal growth.

KEY MESSAGE

You don't have a relationship problem, you have an identity problem. It's about unlearning all that you are not... and courageously stepping into all that you are!



[Create Your Happy Podcast](#)

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