

*Carey Scott*  
Challenging women to be real... not perfect!



*Thank you for considering me for your event. I realize the speaker plays an important role in creating a successful experience, and I am grateful for your prayerful consideration.*

*I've been speaking to groups of women for over 10 years, and I appreciate the opportunity God gives me to share my journey and encourage others to continue on theirs. Life can be hard and overwhelming at times, so it does a heart good to know we're not alone and our mess.*

*I'm a speaker, author, and life coach, honest about my life and faith... stumbles, fumbles, and all. My ministry focuses on challenging women to be real, not perfect. And my heart is to help women untangle their self worth from the world and secure in Jesus. Because when we do, we're free to live authentic life... not perfect ones.*

*I speak straight to the heart of women who battle insecurity and feelings of worthlessness, and remind them why they matter. Every day, we get bombarded with "I'm-not-good-enough" messages - the ones that keep us striving for acceptance and approval. And in the end, we're left feeling insignificant.*

*But there's hope!*

*For the past several years, God has taken me on a journey of healing. I'm a walking testimony of God's redemptive power. And coming from a painful past, abuses of all kinds, seasons of bad choices, and so many other bumps and bruises along the way... we've had a lot of work to do.*

*Truth is, God loves us too much to leave us where we are. And until we see Jesus face to face, we'll be a work in progress. We hold immeasurable value to the One who created us, and He wants us to walk in that truth.*

*I've served as the keynote speaker, a breakout and workshop speaker, and a weekend retreat speaker. I've spoken at big events as well as smaller, more intimate gatherings. I have my own topics or can tailor a message at your request. Regardless, I'm ready and able to serve your specific needs, and would love to be part of your event!*

*Please let me know if you have questions or need additional information.*



CareyScottTalks.com

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# Speaking Topics

## **Loosening the Knots That Tangle Your Self-Worth**

Based on her new book release, *Untangled...* this talk asks the question, "What do you do when the knots of insecurity tangle your sense of value and make you feel worthless?" As women, the I'm-not-good-enough messages can infiltrate every area of life as they become deep parts of our belief system. We're left with guilt, shame, unforgiveness, and fear... and it's taking us out of the game. This talk will challenge you to:

- ~ Replace the pursuit of performance and perfection with your God-given purpose
- ~ Find the confidence to be who God created you to be
- ~ Learn how to manage the tangles when they begin to tighten

## **Untangling Shame**

Shame is that 5-letter word that can sometimes feel more like a 4-letter word. It's the feeling that says who we are ... isn't good enough. We feel bad about ourselves, confident we aren't lovable or valuable. Shame is that hidden tangle that keeps us from knowing our immeasurable worth to God and others. This talk challenges you to:

- ~ Learn the difference between shame and guilt
- ~ Identify the shame-messages that are stealing your joy and confidence
- ~ Understand you were Divinely created on purpose for purpose, and the He delights in you!

## **The Power of Forgiveness**

So often, we want to hold on to the offense because we think it's a way to punish the offender. We feel like letting it go means we think they're blameless. But God knows that until we forgive, we'll stay knotted up inside. It will keep us chained to the person and the pain. This talk will make the case for forgiveness, and will encourage you to:

- ~ Discover where you are holding onto offense
- ~ See the reasons God commands us to forgive and understand the blessings that come from it
- ~ Learn practical ways to walk it out in relationships and circumstances

## **Overcoming the Fear Factor**

Fear is a big deal. Truth be told, we all struggle with it. We're afraid to let others down. We fear rejection or abandonment in relationships. We worry we're not the right kind of mom or wife... friend or daughter. We're afraid our best isn't good enough. But God is clear in his Word that fear is not from Him. So what do we do? This talk will help you:

- ~ Understand what the Bible says about this topic
- ~ Learn the difference between good fear and fear that tangles your self-worth
- ~ Discover practical steps to keep fear from ruling in your life



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for more topics and details

## **Weekend Retreat Topics include:**

- \* Untangled: Let God Loosen the Knots of Insecurity in Your Life
- \* Living the Authentic Life
- \* God's Promise of Restoration

# Reviews

***Dynamic, caring, and transparent** are just a few words that can be used to describe her voice! God used Carey in a wonderful way to reach and touch the hearts of our women during our annual retreat. She came in with a **strong and vibrant message** that encouraged women to choose joy and contentment. She has a gift in weaving scripture and personal stories together. Our retreat was **filled with laughter, love, and God's presence** because of Carey. She was a **joy** to work with and she will have a special place in our hearts for a very long time. We have truly been blessed by her ministry.*

*- Grace V., Women's Ministry Director, ThornCreek Church*

*After Carey spoke at women's retreat, countless women told me "this was the **best retreat I've ever been at.**" And the interesting part was this comment came from women who loathe women's events! Time and time again women said that Carey's messages were **the best part** of their weekend. She brings the perfect mix of Biblical truth and real life stories where God has been big. But what I love most about her is this: she is the **real deal**. She is transparent, willing to wrestle out matters of faith with others and encourage them to take a stand and fight for what it takes to be a strong woman of God. I*

*fully recommend Carey for any platform and any size gathering.*

*- Julie T., Woman's Ministry Director, Foothills Community Church*

*Carey is a **great speaker**. But you know what Carey really did at our annual Women's retreat? She connected with our women on a deeply spiritual level by speaking Biblical truth to our hearts. She **reached out and loved on us** individually and made each lesson speak to the heart of each woman. The only explanation I have is that the Holy Spirit moved through her words and her actions to **touch the hearts of all of us** during our retreat.*

*- Alina R., Discovery Church Women's Ministry Team*

*We have an annual women's retreat which is usually led by our own women. This year, we invited Carey to speak. What a blessing! I loved the way she wove the Bible message and her real life together. She really **connected** with our women and we fell in love with Carey's **wisdom and humor**. Needless to say, she is certainly filled with God's love and God's word. This was the **best retreat we've ever had!***

*- Marsha S., Director of Women's Ministry, FUMC*

*Working with Carey was a **delight** from start to finish! She was eagerly receptive and **flexible** to the notion of preparing a brand new talk to fit the specific theme for our retreat. Carey also agreed to lead a one-day-only retreat followed by group discussions using thought provoking questions that she crafted specifically from her talks. Each of Carey's talks came **God-inspired, truth-giving, and power-packed.***

*- Susan K., Women's Retreat Co-Chair, United Methodist Church*



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