

# PETULA “TRULY” Flavius

**Speaker | Author | Coach**

**Burnout, Identity Shifts & Life  
Transition Talks for High-  
Functioning Women**



Petula “Truly” Flavius is a speaker, author, coach, and healthcare professional with 20+ years of experience. She helps high-functioning women over 40 navigate burnout, identity shifts, and life transitions with clarity, health, and purpose. Author of *“Weeping Her Way to Wholeness”*.

## Signature Talks

- Burnout Is a Signal, Not Shame
- From Burnout to Becoming
- Thriving Through Life’s Transitions
- Stop Carrying Life Alone
- Sis, You’re Not Alone

## Testimonials

“I was so privileged to hear this message in person at the Legacy Woman Summit—such an inspiring and uplifting message.”  
Oksana T., Brand Architect

## Stages & Training

- Paid to Speak Mastermind
- Legacy Women Summit
- Women Rocking Business Global Stage

“You are amazing. I want to watch the recording again because I want to steal your style.”  
Arik D., Principal Trainer

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