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AMPUTEE CANCER SURVIVOR USES HEALTH CHALLENGES TO MOTIVATE OTHERS

New Company Offers Empowerment Services for All *Walks* of Life

Washington, D.C., October, 2006 – Donna R. Walton, Ed. D., an award-winning motivational speaker and empowerment coach, has launched LEGGTalk, Inc. (www.leggtalk.com), a company that builds champions – people who overcome their obstacles and learn to live their dreams.

LEGGTalk, Inc., based in Washington, D.C., works with individuals and organizations to promote healthy spirits and behaviors that lead to fulfillment and success in people's personal lives and their careers.

Dr. Walton is a cognitive behavioral therapist who founded LEGGTalk, Inc. (formerly Dream Reach Win, Inc.), to inspire and empower individuals to think positively and productively about their lives and work to achieve their goals. She conceived the company in the wake of her struggle with, and ultimate triumph over, the amputation of her left leg – inspired by her recovery and by the countless people like her who are discounted because of their disabilities.

Although LEGGTalk services benefit a wide range of clients, because of her life experience, Dr. Walton tailors many of her services to focus on persons with disabilities, helping them claim their self-confidence and remove barriers to their achievements and satisfaction. LEGGTalk also helps companies that serve or employ persons with disabilities change organizational attitudes and behavior toward persons who are perceived to be “different.”

“I’m dedicated to helping people overcome all types of hurdles in their lives – the physical challenges as well as the self-imposed internal challenges that keep people from living lives they really desire,” Walton says.

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LEGGTalk, Inc. services include:

- **Motivational Speaking:** Dr. Walton easily connects with her audiences, uplifting them with her signature “dream, reach, win!” messages and empowerment principles. Her life is a testament to the truth that one can achieve success with a positive spirit and attitude, creative guidance, and the determination to soar. With zeal and humor, she shares her principles for achieving success and life fulfillment, presenting motivational messages that connect with a range of audiences.
- **Counseling/Life Coaching:** For personal or career enrichment, one-on-one coaching or group workshops, including a dynamic session called an **Empowerment Salon™**. Sessions are customized to the client’s needs -- helping clients to embrace positive living principles, identify their strengths, and create a strategic action plan to get them on a path to success. Coaching sessions and group workshops are also available to companies who understand the long-term business benefits of developing and motivating their employees. LEGGTalk sessions are highly interactive, solution-oriented – and empowering!
- **Disability Awareness/Diversity Training:** Workshops that focus on bridging barriers between disabled and non-disabled individuals by exploring negative attitudes and behaviors that undermine service to people with disabilities and workplace experiences. LEGGTalk, Inc.™ works with corporations as well as non-profit organizations and government agencies to highlight issues such as: disability awareness and sensitivity training; workplace guidelines for accommodating people with disabilities; and disability competency training.

A dynamic award-winning speaker, Dr. Walton has made motivational presentations to institutions such as The National Council of Negro Women, The United States Army, Equal Opportunity Employment Office, Washington Hospital Center, and the Annual Conference on Disabilities, as well as at schools and universities, including Ball State University.

Articles by or about Dr. Walton have been published in a number of publications, including *HealthQuest*, *inMotion* and *Disability Quarterly*. Copies of these and other articles can be viewed in the Pressroom on her website: www.leggtalk.com.

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