

# HEIDI HERMAN

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## Keynote Proposal

“Legendary Iceland - Land of Fire & Ice, Legacy of Legends”

## Abstract

A virtual vacation to Iceland! Take a journey through Iceland, a land where legends come alive. This 60-minute presentation blends together my love of Iceland and its mythology with the amazing landscapes and fascinating history. Developed in partnership with her Icelandic mother, Ieda Jónasdóttir Herman, she brings a fun and entertaining look at Iceland from someone who grew up there.

The trip around Iceland is made through photos and videos of the landscape, allowing participants to learn about Iceland's folklore and mythology, history, and culture of today. Using historical elements like the archeologic dig of the original Viking settlement in Reykjavik, legends from the sagas, Ieda's own memories of growing up, and stories from her folklore collection *The Guardians of Iceland and Other Icelandic Folk Tales*, Iceland is brought to life through the vibrant photographs and narration. The author also incorporates personal experiences with her mother in Iceland that are drawn from two of her motivational books, *On With the Butter! Spread More Living onto Everyday Life*, and *Never Too Late*. Q&A is encouraged in this interactive program.

Perfect as a program for clubs and community organizations looking for a special event.

“Heidi was a pleasure to work with, was knowledgeable about the subject matter, and was able to work through any technical hurdle during the recording. She is an experienced public speaker, who exhibited passion for the subject of which she spoke.” - Julie DeStefano, Belmont Gallery of Art

## Learning Objectives

1. Discover the history of Iceland and its modern-day culture.
2. See the beautiful landscape through photography and video
3. Learn how the stories and mythology from settlement days is kept alive today.
4. Gain an understanding of how mythology and culture have formed the lifestyle and philosophy of the Icelandic people.