

Heather Furlong Returns to Media Circuit Following Personal Health Challenges

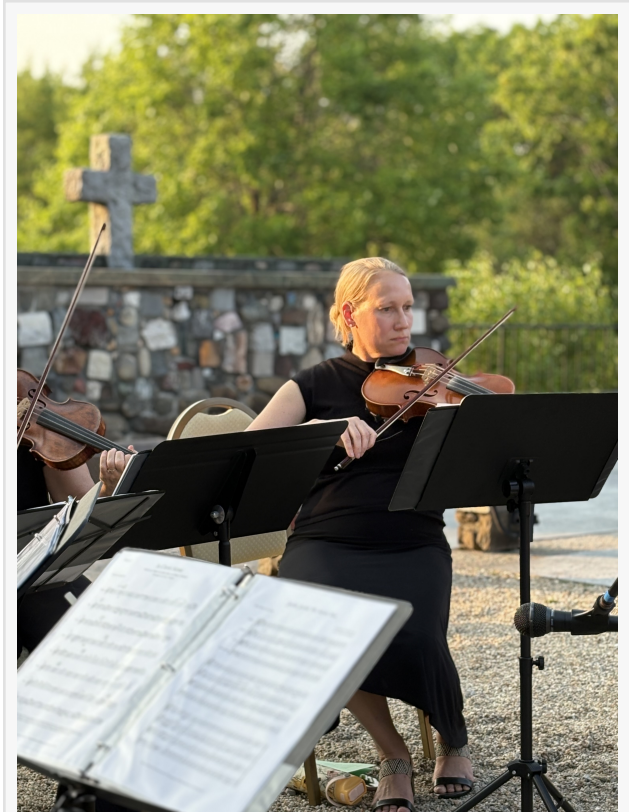
NEW YORK, NY, UNITED STATES, October 24, 2025 /EINPresswire.com/ -- Heather Furlong, motivational speaker and executive director of [Sun Pro LLC](#), announces her return to media appearances to share insights on recovering from adversity and rediscovering personal strengths after life-changing experiences.

Heather's journey began in the heartland of northern Minnesota, where she grew up in a small farm town that instilled in her a strong work ethic and community values. These early experiences shaped her path forward as she pursued higher education, ultimately earning her Master's degree in Public Administration from the University of South Dakota. Today, she has built a life in New Hampshire and Florida, alongside her husband Joe Furlong, a distinguished corporate leader who serves as one of the executive producers of the Emmy award-winning construction television show "American Builder." Together, they have created a home that bridges Heather's Midwestern roots with their shared success in New England.

Following a difficult labor and challenging recovery from COVID-19, Furlong is re-entering the public speaking arena with a renewed focus on helping others navigate their own recovery journeys. Her upcoming media appearances will center on practical strategies for bouncing back from difficult situations and redefining purpose when life priorities shift.

As a former NPR affiliate morning show host and classically trained violist, Furlong brings a unique perspective to discussions about talent recovery and personal reinvention. Her experience spans multiple industries, including media, music, and business leadership as executive director of a private non-profit organization.

Furlong's [speaking topics](#) will include practical methods for reinvigorating talents after setbacks,



Heather Furlong

strategies for redefining purpose following major life changes, and actionable steps for recovering momentum after being "flattened" by challenging circumstances. Her approach combines personal experience with professional insights gained through her diverse career background.

Media professionals interested in featuring Furlong can explore her background and speaking topics for upcoming segments focused on resilience, recovery, and personal transformation.

About Heather Furlong and Sun Pro LLC

Heather Furlong is a motivational speaker, former NPR affiliate morning show host, and classically trained violist musician. She serves as executive director for a private non-profit organization and leads Sun Pro LLC, a woman-owned small business contractor company. Her diverse professional background informs her approach to speaking about resilience and recovery.

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For media booking please visit TreasureBoxUSA.com.

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