

Entertaining...

Humorous...

Inspirational...



“An inspiring story of using intention, the law of attraction, energy work and body work to overcome a severe eating disorder. It is a wonderful example of the new paradigm that is emerging in the arena of health.”

- Jack Canfield, Co-Author of *Chicken Soup for the Body and Soul®* & *The Success Principles*; featured teacher in *The Secret*

Call now to book Lori for your next event!

www.Learn2Balance.com

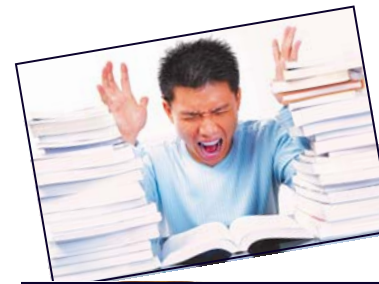
877-650-HEAL

www.Learn2Balance.com

My Story—

Why I Want to Help Students

I battled with bulimia and my self-image for 34 years. I have real LIFE experience and know what it's like to be shy, self-conscious, and feel like you don't belong. In college my bulimia was at its worst, I wanted so badly to be more confident, feel like I fit in but I had no clue how to change the way I felt. I had a big secret to hide which added to my discomfort. This led to a very stressed out, but successful career. In my forties I was led to my healing through alternative methods. I realized this was a gift I had to share with others. I left the corporate world after 28 years to pursue my passion of helping others Learn2Balance their lives. I offer Stress and Eating Disorder Coaching Programs, Support Groups and seminars in addition to speaking. My goal is to help college students figure it out much younger in life than I did!



Did you know

85% of college students feel **STRESSED** every day?

The numbers of students turning to drugs, alcohol and eating disorders to cope is staggering!

If college is stressing your students out...then your campus needs this program!!!



“Any Advisor who truly cares about helping their students needs to book my friend Lori Hanson. Her message is one that positively influences students!”

- James Malinchak “Two-Time College Speaker of the Year”
Co-Author, *Chicken Soup for the College Soul*, www.Malinchak.com

Did You Know?

- 6 of 10 students are so stressed they can't get their work done
- 70% of stress is from school work and grades
- 30% of college students are suffering with eating disorders
- 5% of college students meet the criteria for anorexia
- 9% of college women and 5% of college men experience some bulimic symptoms

Source: Rosewood Ranch Center for Eating Disorders

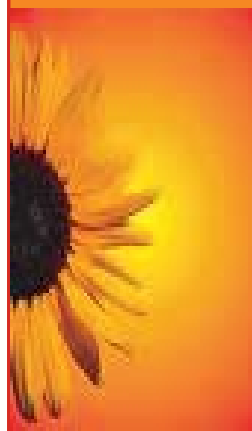
Lori graduated with a B.S. in Business Management and Organization. She built her career as a software consultant and selling information technology solutions but left to pursue her passion of helping individuals create balance in their lives. She is the Founder and President of Shewolf Press and Learn2Balance, a company focused on improving the lives of others

She shares her personal story, information and insights for self-healing and living a healthy, balanced lifestyle in her books and keynote speeches.

Lori is passionate about talking with college students. She developed the Hot Pastry Principles™ and shares them in a variety of workshops on topics of stress and coping skills, balancing your life, balanced nutrition, eating disorder awareness, self-esteem and body image. Lori is a Stress and Eating Disorder Coach and offers her programs nationally (by phone or in person).

She is also founder and chairman of The COEDS Project to raise awareness about stress and eating disorders on college campuses.

An entertaining and humorous speaker, she challenges and inspires students to own their personal power and live peaceful, balanced, purpose filled lives. A talented lyricist and singer Lori brings a unique edge to her speeches with her music.

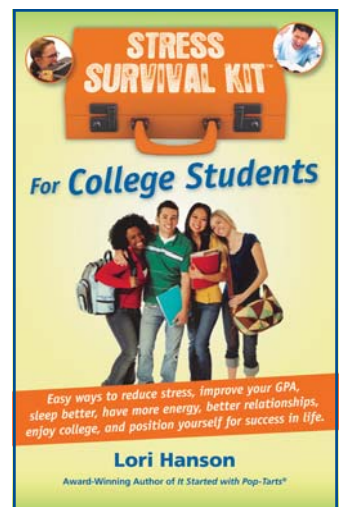
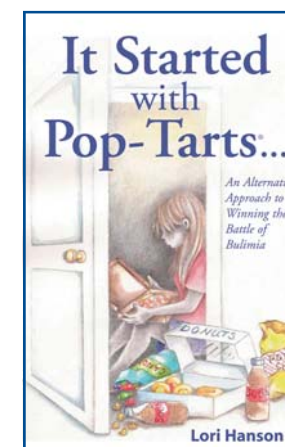


Lori is available for:

- Orientation & Welcome Week
- Eating Disorder Awareness Programs
- Greek-Sponsored Events
- Housing and Residence Life Events
- AFA, AFLV, APCA, NACA, NACURH, AAUW, NPC and SEPC functions
- Student Conferences
- Classroom Programs
- Lectures or Assemblies
- Student Gatherings
- Summer Programs
- Club Events
- Other events where an “outside” speaker
- Wellness Programs or Events

Lori Hanson

- * College Keynote Speaker
- * Seminar Leader
- * Award-Winning Author



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Eating disorders, substance abuse and addictive behaviors are epidemics in colleges. We need to educate and help our students!

Fact:

Anorexia has the highest death rate of any psychiatric diagnosis. Source: Rosewood Ranch

40% of those with binge eating disorders... are men. Source: American Psychiatric Assoc.

Fact:

Only 4% of college students with alcohol and drug related problems will seek help.

Source: Sober College



Lori is always willing to talk with students and autograph her books

"Lori Hanson has taken a tough subject head on and has made it easy for anyone to know exactly what to do to WIN a battle with bulimia. After 34 years of experience, she has walked her talk and can help your students like few others can."

- Jonathan Sprinkles
Former National College Speaker of the Year, APCA
www.JSprinkles.com



Lori with "Two-Time College Speaker of the Year" James Malinchak



Lori with AM Arizona hosts Tonya Mock & Lew Rees

Lori's Mission

"To teach college students coping tools to deal with stress so they can avoid addictive behaviors. And to inspire them to turn off the autopilot switch and live consciously."

Lori's Topics Include

45-90 minutes

It's Worse Than You Think, The Hidden Dangers of Eating Disorders

College students deal with stress and peer pressure in a variety of ways. Drug and alcohol awareness is regularly discussed; eating disorders are still in the background. The numbers of students choosing this path are staggering; over 30% of college students-not all female. Sorority numbers are higher. This is a topic you need to understand to be able to help.

Empowerment and the Sorority Woman

75% of women admit to having an unhealthy relationship with food & their bodies aka "disordered eating". The pressure to be perfect is everywhere. Many never reach out for help because they are too embarrassed. Learn to empower yourself, ask for what you want, get what you need, love the skin you're in, achieve your dreams.

Stress Survival Kit for College Students

Feeling the pressure: to perform, the grind from your class load, picking a career and getting ready to conquer the world? Learn strategies you can implement quickly to eliminate stress, improve your attitude, make better grades, have fun, better relationships and create a life you can enjoy.

Don't Believe Everything You Think

Ever stop to think about what is driving your brain? Why you think the thoughts you do and do things the way you do? Most people don't give it much thought. In this fun and interactive session you'll learn how to get the most out of your college experience by learning what is happening inside your head. Wish you could be more upbeat, positive and have more energy? It's not your fault. By understanding your brain chemistry and function, you can learn how to drive what's going on and achieve everything you want—with ease.

Seriously?

Does what you eat and drink have *that* much of a difference on how you feel? If you're not overweight that means your healthy, right? Most college students don't give a lot of thought to their diet or what they drink. You're busy, on the run and don't have time to "eat healthy," exercise or sleep. And what would really change if you did? This deep topic served up with lots of humor, spice and practical advice that's easy to digest.



Lori with a student after a speech



Lori speaks with large assemblies or smaller intimate groups & classes



Students love Lori's Balance Books & Personal Power Jewelry

Here's what Clients are Saying...

"Lori grabbed our attention from the start with her humor and singing. She packaged her message in a way that our students related to and enjoyed. — Sean Bevil, Chief of Staff, Student Gov't, Florida State University

"All college students are stressed, and Lori does a great job emphasizing the importance of slowing down." —Emily Storm, Loyola University of Chicago

"There is a great need for what Lori talks about and her passion for helping students is infectious." —George N. Suel, Jr., Ed.D., Antelope Valley College

"Lori's presentation and connection with the students is magnetic." —Anne Taylor, Adjunct Faculty, Antelope Valley College



Lori keeps it interactive and fun!

"Lori was able to relate to the students and provided her expertise and time with individual students after the presentation. We appreciated her hard work and concern for each student. " —Sara Peters, Women's Center Director, University of Tennessee, Chattanooga

"Lori is a great story teller and motivational speaker! Her passion for the topic led to an engaged and enthusiastic audience who listened to her story and learned about her unconventional approaches. " I was extremely impressed by how well she performed under pressure. Even though she had travel issues that affected the program's start time, you would never have known it."

—Siobhan McDaniel, MSW Intern, Salisbury University

Praise From College Students...

"Lori's a great speaker! She was funny and her story really interested me." —Coryn, age 21

"Everything was cool. I liked the Metal of Honor™ Card part. That's a happy card." —Paul, age 18

"I was able to relate to what she spoke about. I personally have low self-esteem and now I believe I can handle it and make a difference in my life." —Cheryl, age 18

"Lori has a lot of knowledge that she enjoys sharing and has a heart of gold." —Thomas, age 20

"I enjoyed how she expressed new ways for me to handle either anger or frustration. She has overcome a lot and I am inspired by it. —Matthew, age 19

"Lori showed me that I'm not the only one that struggles with food. She inspired me to better myself." —Janette, 18