

Life Balance Expert, Award-Winning Author, Speaker



Lori Hanson

Life balance expert and founder of Learn2Balance, Lori Hanson knows personally what it takes to create balance in life. Her battle with bulimia started at the young age of fourteen and continued into her forties. Her low self-esteem propelled her into becoming a stressed out “Type A” corporate workaholic. As she struggled to find balance and happiness for almost 30 years, Lori an amateur body-builder established a deep understanding of diet, nutrition, exercise and alternative medicine and their effect on human behavior.

On a scale of 1-10 how well do you balance your life—if you died today did you follow your passion and live your dreams?

Learn2Balance Clients

- CenturyLink
- CH2M Hill
- Citrus Valley Health Partners
- Craig Hospital
- CSG Systems
- KMGH-TV 7 / McGraw Hill
- Soroptomist International
- Oracle
- AFA, AFLV Annual Conference
- Metro State College of Denver
- Florida State University
- Loyola University of Chicago
- Salisbury University
- University of Colorado (UCCS)
- University of Southern Indiana
- UTC at Chattanooga

Programs

- ANYTHING is possible: Once you upgrade your operating system!
- B. A. L. A. N. C. E. — Find out where it is for Me
- Manage the 3 O'clock Crisis
- Feel Better, Think Better, BE Better
- Passion, Persistence, Attitude—Your Ticket to Transformation
- Live Your Dream—Love Your Life

Programs are tailored for the event and audience. See back for speech details.



“Lori’s expertise and story are really powerful. Students immediately feel really comfortable with her. They understand she’s spent a lifetime working on issues which establishes trust and credibility.”

Joanna Snawder
Assoc. Director, Women’s Studies
Metro State College of Denver

“Give me 60 to 90 minutes and I’ll show your audience how to calm the chaos, improve their life, get happy, empowered and inspired to live their dreams—today and every day.”

—Lori Hanson

“Your talk was rich with wisdom to improve our lives. We were touched by your stories, challenged by your message and inspired to take action and create more balance in our lives. The seeds you planted will change us for the better and help us to realize our full potential.”

Kathleen R. Haile
National President
CenturyLink Women

“If you can book Lori for your women’s or community event it will be the BEST decision you make.”

Dawn Cooper RN, BSN
Director Program Development
Citrus Valley Health Partners

Program Topics

- Improve your state of mind
- Make good choices
- Reduce stress
- Empower yourself
- Dare to dream



Program Details

ANYTHING is possible: Once you upgrade your operating system!

Are you following the same principles and patterns you were taught at three years old? Early attitudes and beliefs can hold you down like shackles and cement. Get the inspiration you need to shift your old ways of thinking and embrace the changes that will make your life flow with ease.

B. A. L. A. N. C. E. — Find out where it is for Me

Aretha was great at asking for respect. But other women may find themselves asking for balance – just a little, which can be the difference in leading a healthy, content life. Women often excel at nurturing everyone else, but are not so good at finding, or maintaining any sort of balance in life. One of the biggest issues is managing priorities. Is it work, family, soccer practice, or caring for troubled teens and aging parents? Lori gets you laughing, and shows you how to let go and get some "B" in your life.

Manage the 3 O'clock Crisis

Do you find yourself looking for that "pick me up" every mid-afternoon? A cup of coffee or something sweet to give you a burst of energy and motivation? Do you find yourself looking forward to a beer, cocktail or glass of wine at the end of the day? It's not a coincidence — it's a real issue for many people. The older we get the more intense the cravings are. Get the antidote for afternoon cravings and learn to live peacefully, and in control, around the clock.

Feel Better, Think Better, BE Better

Are you drowning under the load and pressure of everyday life, work, relationships and family responsibilities? How do you get it all done and stay sane? In this session Lori shows you fun and easy ways to reduce stress, sleep better, have more energy, better relationships, enjoy life and position yourself for success.

Passion, Persistence, Attitude—Your Ticket to Transformation

Want more from life—but afraid to go for it or too shy to ask anyone for help? Get the three keys to asking for what you want and getting what you need with passion, persistence, and empowerment. In this humorous presentation, Lori will inspire you to turn off the auto-pilot switch, identify your passion, blaze a trail, and live life consciously—your way!

Live Your Dream—Love Your Life

We are each born knowing exactly how to ask for what we want and need. After being told "no" an average of 60,000 times before the age of four, we lose the skill. To be successful, happy and content in your life you need to connect with your passions, your dreams and know how to achieve them. You can succeed in life, live your dream and be happy.

Your organization will learn:

- 3 ways to shift your attitude and make it stick
- How to embrace change and ride the waves
- The secret to making small changes that have a big impact
- How you can set and achieve goals in 7 areas of your life
- The secrets to navigating insanity
- To put yourself on the list
- Why it matters—the benefits of improving your lifestyle
- Practical tips for changing your mood and outlook
- Process to identify your passion
- What persistence is—and what it isn't
- How to turn off auto-pilot
- Building blocks to create the life you want
- Basic formula for asking for what you want
- 3 keys to finding authentic happiness and feeling content