



Lori Hanson Client Testimonials

College/University Clients



"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 so people feel open with her. I personally gained tremendous insights and feel Lori's style and message are very helpful and valuable."

Joanna Snawder

Associate Director, Women's Studies, **Metro State College of Denver**



"Lori connects with her audience by using straight talk and directly addressing complicated challenges that young people face. Lori's story of dealing powerfully with her recovery will leave everyone in the room inspired to tackle the toughest self development objectives in their life with confidence. She offers many strategies for dealing with the intense stresses of being in school, that leave any student better prepared to succeed in education."

Drew Johnson

Student, **Chancellor's Leadership Class, University of Colorado, Colorado Springs**



"Lori Hanson spoke for our Eating Disorder Awareness Program. She 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. She creates an experience and makes it comfortable for everyone to engage and connect with her. I would recommend her for any organization looking to become more educated and engaged in leading a healthy and nutritious life."

Sean Bevil

Chief of Staff, Student Government, **Florida State University**



"Lori Hanson is a great story teller and motivational speaker! 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. Her energy and attitude throughout the process were great."

Her passion for the topic led to an engaged audience that was enthusiastic to listen to her story and learn about her unconventional approaches. I highly recommend her to any other organization who is considering hosting an educational and inspirational speaker about eating disorders."

Siobhan McDaniel

MSW Intern, **Salisbury University, Salisbury, MD**



"I never really thought that much about how and what I eat. With her humorous approach Lori opened my eyes to see that as a student and as a college athlete, I owe it to myself to adopt a better lifestyle including balanced meals, more sleep and limiting soda and alcohol."

Student, **University, Southern Indiana**



"All college students are stressed, and Lori does a great job emphasizing the importance of slowing down, as well as sharing her experience with eating disorders with college women who are battling the same issues."

Emily Storms

Honors Program Class of 2013, **Loyola University Chicago**



"Lori Hanson has been a guest speaker for my Introduction to Psychology Class at Antelope Valley College. Lori brings with her a wealth of knowledge and personal experience regarding eating disorders to any venue. Lori relishes sharing her personal life journey and working with students. She speaks candidly, humorously and from the heart about her life experiences and recovery from bulimia."

She is adept at engaging students in discussions about life coping skills and imparting important information about the escalating epidemic of eating disorders in college life. There is a great need for what she has to offer and her passion for helping students is infectious. What Lori has to offer the college student population, I believe, is very important. Therefore, she will be a permanent part of my guest speakers during the academic year."

George N. Suel Jr., Ed.D.

Adjunct Instructor, **Antelope Valley College, Palmdale, CA**



"I recommend Lori Hanson for any Eating Disorder events you may have. Lori spoke for National Eating Disorder Awareness week at University of Tennessee at Chattanooga."

The students really enjoyed her openness and how she shared healthy tips with everyone as part of her speech on eating disorder awareness. Lori was able to relate to the students and provided her expertise and time with individual students after the presentation. The UTC Women's Center appreciated her hard work and concern for each student."

Sara Peters

Women's Center Director, **University of Tennessee at Chattanooga**



"Lori Hanson is a highly valued guest speaker for my Psychology classes at Antelope Valley College. What a welcome addition she always is to my curriculum. Her presentation and connection with the students is magnetic. They listen intently as Lori both entertains and informs them with the reality of eating disorders and stress management. Detailing the glaring facts and seriousness of these issues, she additionally educates them with the importance of balanced diet and nutrition at any age. My students love her presentations."

Anne Taylor, MFT

Adjunct Faculty, **Antelope Valley College, Lancaster, CA**

Corporate/Community Clients



“Thank you for speaking at our CenturyLink Women’s National Chapter Annual Meeting. We were touched by your stories, challenged by your message and inspired to take action and create more balance in our lives. The information you shared expanded our understanding of the nutritional

component of finding balance. Your balancing exercise provided a concrete method of putting your message into practice. Your talk was rich with wisdom to improve our lives. The seeds you planted will change us for the better and help us to realize our full potential.”

Kathleen R. Haile
CenturyLink Women - National President



“Thanks so much for coming to our WINS event here at McGraw Hill. I know that it wasn’t your usual engagement of speaking, that you were we on a panel. But you absolutely filled the void in terms of helping people understand about attitude, how important it is—giving them a plan on your visualization board and overall filling in the gaps. I know you had conversations with the other panelists before speaking and you blended so well. I’m so happy that you came.”

Michele B. Irwin
Key Accounts Representative
KMGH-TV - AZTECA AMERICA-COLORADO



“Wow! Lori Hanson is a powerful and exciting speaker and an entertaining singer. She had all 250 women in stitches with her song! 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**, Covina, CA



“Our club members are still singing your praises. Your motivational presentation How to Keep Balance in a Crazy Lifestyle was delivered in such a captivating way—and your ability to craft your message in such an energetic and inspiring manner made it both fun and memorable experience for all who attended. The knowledge, information and enthusiasm you shared really inspired us to find guilt-free balance in this crazy lifestyle we certainly all live in.

Liz Mirzaian, 1st Vice President, Programs
SoroOptimist International of Glendale, Glendale, CA



“Lori Hanson is a dynamic speaker who shares her humor and compassion with her audiences. Her personal experiences and authentic approach quickly engage and captivate those she meets.”

Suzanne Broski
SVP Human Resources, **CSG Systems**



The feedback has been incredibly positive, with a good perspective on how to rethink and how to be positive. Thank you for teaching and reminding us of “balance” – you were very effective in getting your message across with engagement and humor – it was one of our best events!

Buffy Ransom
VP, Oracle Software Support
Oracle, Greenwood Village, CO



“Thank you so much for coming to CH2M HILL to present a seminar on stress and life balance. It was very well received by our employees. Many folks commented that they were able to apply your tips immediately to help manage stress in their lives!

We look forward to having you back for presentations in the future.”

Shayla Glendenning
Injury Prevention Specialist
CH2M HILL, Englewood, CO



“Your Balanced Nutrition on a Budget speech was perfect fit for our LifeForward community advocacy workshop. Your energy and humor were a great addition to our program.”

Chris Miller, President
Zonta Club of Santa Clarita, Santa Clarita, CA



“Lori Hanson exudes the passion and energy of an individual who thrives on helping people improve their lives. She is an engaging and entertaining speaker. She discusses topics people don’t usually talk about and inspired us to evaluate how we deal with stress and the amount of balance in our lives. Lori is humorous, compassionate and has a valuable message to share. I would highly recommend her for your next event.”

Greg Nutter
Santa Clarita Valley Rotary Club, Santa Clarita, CA



“Thank you Lori for sharing your enthusiasm and knowledge about how to reduce and practice self-care for health care providers.”

Terry Chase, MA, ND, RN
Patient & Family Education Coordinator, **Craig Hospital**, Englewood, CO



“Lori is an outstanding speaker highly knowledgeable in assisting women having eating disorders. She is energetic, enthusiastic and extremely passionate about promoting healthy eating habits. She continues to bring a wealth of new ideas to our treatment team here at Casa de las Amigas.

Lori has a special connection with many of our residents. I do believe her

personal experience is one of the strongest attractions for our residents because she demonstrates on a professional and personal level that recovery from any addiction is possible."

Doreen Garcia

Executive Director, **Casa de las Amigas**, Pasadena, CA

"There was something about Lori...I-realized it was the passion in her voice as she talked about helping the victims suffering from eating disorders. Lori's personal experience hits hard and her authority, confidence, and knowledge of healing is advanced and practical. Lori's life experience suffering from an eating disorder

herself combined with her articulate and passionate presence is leading the charge in the holistic treatment of addiction from eating disorders. After hearing Lori lecture I am reminded of the adage "the Cavalry is coming." Lori is on the fast track to becoming an icon in her field."

Mike Gantenbein

CADCII, MA, Drug & Alcohol Counselor, Long Beach, CA

"Thank you so much for your terrific presentation last night. You did a great job explaining the often confusing maze of Amazon's information and programs, and your handout was very helpful. You are a wonderful speaker and we all greatly enjoyed your take on Aaron's book, what worked for you and your books, and the tips you shared with everyone. I received many compliments on the program and it was obvious what a great success it was by how many people were talking to you afterward. Thanks again for your time and support of PALA."

Sharon Goldinger

Vice President, **Publishers Association of Los Angeles**

"You were very polished, decisive, informative, poised. Very impressive. We all thank you for an outstanding and generous presentation. We've received several praises about your presentation."

Gary Young

President, **Publishers Association of Los Angeles**

Director of Professional Development, Independent Writers of S CA

Teen/Youth Clients

"Lori delivered laughter, entertainment and thought provoking messages to our teen girls at the Strive for Strength Annual Retreat. She's a dynamic speaker and changing lives daily... Two thumbs up!"

Julie Ota

Co-Founder, **Strive for Strength**, Sacramento, CA



"Her voice draws you in to listen. There's a calming energy to Lori that invokes a sense of comfort. I was impressed by her victory over her past and the willingness to share to help others to heal."

Bill Parrish

Project Manager, **Penny Lane Centers**, North Hills, CA



"Thank you for sharing your life experiences with the young ladies at Penny Lane Centers' Teen Pregnancy Prevention Workshop. You made them feel comfortable with themselves and life. They know you can stumble, fumble in your life's journey, self correct and still continue your journey. Thank you, continue to share your stories."

L. Dianne Kennedy

Volunteer Manager, **Penny Lane Centers**, North Hills, CA



"The awareness of the detrimental effects of drugs/alcohol, eating disorders, depression, stress, etc. is vital to our students. Creek was fortunate to have Lori Hanson share her experiences and educate our students with coping methods on these topics."

Euna Klein

Student Senate, **Cherry Creek High School**, Greenwood Village, CO

"Lori spoke for my Life Management class at Valencia High School. She is a great story teller and motivational speaker! Students liked her down-to-earth style and open nature. This is a hot topic that needs attention in our youth today. It is with enthusiasm and without reservation that I recommend Lori as a guest speaker and presenter for classes and schools."

Anne Kellogg

Teacher, **Valencia High School**, Valencia, CA

Student Comments

"Lori was personal, honest and funny."

"What I really liked most about Lori's talk was the fact that she brought many new ideas and stories to help others deal with life situations."

"I liked that Lori's message was clear and relatable. She used eating disorders as an example but showing how different ways of thinking about oneself applies to a variety of issues and situations. She also encouraged me to keep hope for situations which sometimes seem hopeless."

"What I liked about Lori's speech is now I can cope with things in a different way. Such as friends, family and work. I can now do things in a positive way instead of negative. Thanx."

"Lori touched all the points that affect me in my daily life (body image, self-esteem, stress). I liked her speech because it helped me to realize things about my self-esteem. Keep up your good job Lori! Thank You."

"I liked the way Lori used personal stories and talked about how she overcame her problems. She is very sweet and seems like such a strong woman."

"Lori seems to be a very nice and outgoing person who is full of life. I feel like she has a lot of knowledge that she enjoys sharing and has a heart of gold."

"Lori's speech made me realize I can get through something I'm going through right now and that no matter what, my happiness is more important and I am going to be okay."

"I liked that Lori showed us that there are many things you can do to help you be a more positive person. And to accept yourself the way you are because you are worth something."

"What I liked most about Lori's speech was that it wasn't only about bulimia, but more about feeling good about who you are. I admire the fact she is using her story to help others."