



Lori Hanson College Programs

Improve your state of mind

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.

45-90 minutes

"Give me 60 to 90 minutes and I'll show your students how to calm the chaos, improve their life, get happy, empowered and inspired to live their dreams, today and every day."

- Lori Hanson

Your Students Will Learn:

- Why some people catch all the breaks—and how you can too
- 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 on your success

Make good choices

It Started With Pop-Tarts®

75% of women admit to having an unhealthy relationship with food and their bodies. You're inundated with images, videos, and advertising about how you "should" look from an early age. It's easy to get caught up in the message that you didn't come in the right package. Over 30% of college students suffer with eating disorders and unhealthy eating habits which can haunt you for life—or shorten it. After 30 years of bulimia, Lori finally figured it out, overcame her negative thought patterns and turned her life around. She will have you laughing while she shares her inspirational story of her disturbing journey through bulimia, and how she overcame her obsession with her body, improved her self-esteem, and found her personal power.

45-90 minutes.

Your Students Will Learn:

- The reality of a life devoted to an eating disorder
- The ingredients to help you accept yourself and your body—regardless of the package you're in.
- What behavior to watch for to spot an eating disorder in a friend.

Reduce Stress

Feel Better, Think Better, BE Better

Are you drowning under the load and pressure of everyday college life: classes, studying, sports, work, relationships, and fraternity/sorority/extracurricular responsibilities? How do you get it all done and stay sane? Do you subscribe to the “I can sleep when I die” club? Lori shows you easy ways to reduce stress, improve your GPA, sleep better, have more energy, better relationships, enjoy college and position yourself for success in life from her popular Stress Survival Kit for College Students book.

45-90 minutes.45-90 minutes

Your Organization Will Learn:

- Why it matters – the benefits of improving your lifestyle habits. Focus, mood, and more
- Practical tips for improving energy, changing your mood and outlook
- Quick tips to evaluate your current behaviors as lifelong companions

Empower yourself

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!

45-90 minutes

Your Organization Will Learn:

- Process to identify your passion
- What persistence is and what it isn't
- How to turn off the auto-pilot switch
- The power of following your passion...with the right attitude and when to adjust your course

A Real Sister, A Real You (Special content requested at Panhellenic Conferences)

You've worked hard to get where you are. You're part of an elite club. You survived initiation, became a leader in your sorority—you belong. But do you know who you are? Have you maintained your individuality or have you realized that somewhere along the path you've forgotten how to speak your mind and honor your desires? There's subtle pressure in the sisterhood to act, dress, and communicate a certain way. But you can be part of the pack and still be yourself. Lori shows you how to ask for what you want, express yourself, and pump up the volume on your self-confidence. She'll give you tools that will empower you and last a lifetime. Don't just be a sister, be a real sister.

45-90 minutes

Your Students Will Learn:

- New ways to exercise their individuality.
- Tools they can use to improve their self-esteem and self-confidence
- How peer pressure affects their ability to be real and honor their beliefs

Dare to Dream

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.

45-90 minutes

Your Organization Will Learn:

- The building blocks to achieve your dreams, and create the life you want
- The basic formula for asking for what you want personally, professionally and romantically (assertiveness 101)
- 3 keys to finding authentic happiness, being successful and feeling content and peaceful

All speeches are customized for the audience and event.