



Lori Hanson Keynote Programs

"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

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

Your Organization 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

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.

45-90 minutes

Your Organization Will Learn:

- To define and prioritize daily roles
- How you can set and achieve goals in 7 areas of your life
- The secrets to navigating insanity
- 4 keys to shifting from overwhelmed to content without food, alcohol or screaming
- To put yourself on the list

Make good choices

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.

45-90 minutes

Your Organization Will Learn:

- What causes the 3 o'clock crisis
- Why it's important to balance the cravings and avoid the Whack-a-Mole Syndrome
- How to eliminate food and alcohol cravings with simple changes
- Ways to improve your mood, outlook, and level of energy

Reduce Stress

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.

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

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.