

Coaching Packages

Lori teaches clients easy to use techniques for dealing with stress and creating balance in all aspects of their lives (work, finances, relationships and more).

Whether you need a “tune-up” to get you through a stressful time or a full stress management program. Learn2Balance programs are customized for each client and include a variety of solutions to help you live a healthy, stress free, financially independent and balanced lifestyle.

Stress Tune-Up Package Includes:

- **Nutritional Assessment and Supplements**
- **Analysis of the Nutrition Assessment**
- **Five (5) one hour coaching sessions**
- **Consultations are done in person or on the phone**

You will learn how to identify the patterns that pull you out of balance. By understanding your internal body chemistry and using the combination of nutritional supplements, balanced meals and relaxation techniques you will find the changes, balance and happiness you desire.

Stress Management Package Includes:

(If you are chronically stressed out)

This program follows the same principles as the Tune-Up but is more in-depth and offers more training to get and keep your life stress-free and in balance.

- **Nutritional Assessment and Supplements**
- **Analysis of the Nutrition Assessment**
- **20 one hour coaching sessions**
- **Consultations are done in person or on the phone**

Support packages are also available

Are you one of the millions of athletes going through life with chronic stress, worry, pain, and stress-related health issues? Do you crave certain foods, suffer insomnia, drink too much, binge on drugs or alcohol, in an effort to numb out but can't find relief?

Diet and nutrition are the foundation—of everything. And even as an athlete you may not be aware of what you need to make you feel better mentally, improve your mood and outlook. Combined with worry, stress and a crazy schedule you can't win.

Alcohol, drugs, nicotine and food are poor choices to deal with stress and many times result in addiction, depression or even suicide.

90% of illness and disease is stress related

These programs are based on the Learn2Balance three-step process:

⇒ **Nutritional Therapy Assessment**

Learn how to balance your body and brain chemistry for life. This is a key ingredient to balance.

⇒ **Shifting Your Mindset**

Learn techniques you can use to ask for what you want · get what you need · live the life of your dreams · set boundaries · communicate better

⇒ **Healing at the Cellular Level**

Critical transformation steps that increases awareness, and helps you reconnect your mind and body

Call now and Learn2Balance your life!

877-650-HEAL

Program Benefits

“After these coaching programs you'll know how your lifestyle affects you. You'll learn numerous techniques to proactively deal with stress and you'll know how to plan your days to have more energy, feel balanced, centered and in control regardless of your workout, game or competition schedule. Your attitude and outlook on life will improve and you'll have the foundation for a healthier lifestyle that will position you for a successful stress free life.”

-Lori Hanson

You need balance!
Learn to integrate your Mind, Body & Spirit

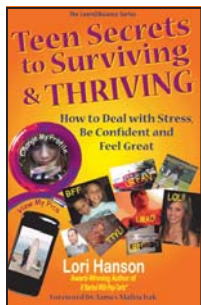
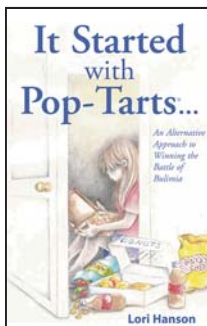
- **Nutritional therapy** helps clients move from “Don't wanna” to “I can” with ease—a **key piece to balancing your life**.
- It's not just what you eat and drink—it's what you are thinking and how often you slow down. Stressed out, frustrated and unhappy? Understanding how to **shift your mindset** will bring you **back in balance**.
- With alternative treatments, **healing is at the cellular level**. Results are much faster and dramatic.
- Program is focused on creating an end result of a **healthy, balanced lifestyle**.

“I highly recommend this program .”
Tricia, Minnesota

About Lori

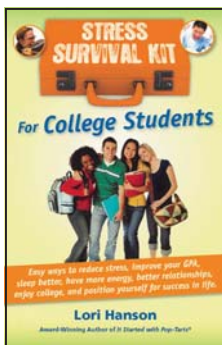
Award-winning author, speaker, stress and eating disorder coach, Lori Hanson knows what it takes to find balance. She battled with bulimia and her self-image for 34 years and was a stressed out "Type A" in the corporate world for 28 years. Her expertise comes from personal experience. She has studied diet, nutrition, exercise and alternative medicine for over 25 years.

Lori shares her personal story and her Hot Pastry Principles™ for healing and balance in life in her award-winning book, *It Started with Pop-Tarts®...An Alternative Approach to Winning the Battle of Bulimia.*



Teen Secrets to Surviving & THRIVING is popular with youth and her latest, *Stress Survival Kit for College Students* is a big hit on college campuses.

A leading authority on stress and eating disorders, Lori is an international media favorite and a frequent guest on international radio and TV shows to raise awareness about eating disorders, stress and the need for balance.



An avid golfer, sports fan and tomboy Lori closely follows the NFL, NBA, USTA, PGA and NHRA and more. A regular on college campuses, she is an entertaining and humorous speaker. Lori challenges teens, college students, parents and athletes to live peaceful, balanced purpose filled lives.

Ms. Hanson is Founder and CEO of Shewolf Press, Learn2Balance and the Learn2Balance Foundation, Inc.

Lori's Mission

"To inspire people to live peaceful, balanced and purpose filled lives. To teach clients how to reconnect their mind and body and to live from their hearts instead of their heads. "

"Lori is the best coach! She understands me, holds me accountable, but doesn't judge me. She is always ready to help me find humor in my life situations."

Angela, Virginia



Call Now!!

FREE
30 minute
consultation

877-650-HEAL

Learn2Balance Your Life



"After coaching with Lori, I changed my perspectives and found freedom. I was able to relieve the anxiety and stress from my life."

Chloe, Southern California

Learn2Balance.com
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877-650-HEAL

Stress Management Coaching for Athletes

Are you —

- Sweating from the constant pressure in your sport?
- Worn out from trying to please your parents and/or coaches?
- Stressed by performance anxiety?
- Bingeing on drugs, alcohol, gambling or sex to numb out?
- Constantly worried about injuries, finances and relationships?
- Depressed or suicidal?
- Too uncomfortable to ask for help?



You need
stress management coaching!

Learn 2 Balance™
Holistic Solutions for Eating Disorders & Life