



Motivational Speaker, Author, Facilitator & Podcast Host

Lori is a highly-rated motivational speaker with 10+ years of experience as a leader and group facilitator. Lori works with groups, individuals, and organizations to help them increase individual and organizational productivity without burning out. Lori is also the author of the Goal Getting Journal and the host of The Holistic Fitness Podcast.

Signature Topics

- ✓ Building Trust with Teams
- ✓ Wellness and Self Prioritization
- ✓ Managing Anxiety and Stress
- ✓ Increasing Focus and Purpose
- Prioritizing Mental Health in the Workplace
- √ Time Management & Habits











Example Packages

Ask Lori about custom packages based on your individual needs

OPTION A: \$500-\$1,000*

- Professional Keynote Speaking (up to 60 minutes)
- Social Media Feature

OPTION B: \$2,000-\$5,000*

- Half-Day Seminar
- Professional Keynote Speaking
- Social Media Feature

PACKAGE C: \$5,000+*

- Full-Day Seminar
- Professional Keynote Speaking
- Blog & Social Media Feature

Client Feedback

"I just wanted to let you know how much I enjoyed Tuesday's session. You keep it real and made everyone feel special. Really enjoyed it."

"Just wanted to provide some feedback on the course. Your passion, attention to detail, delivery and follow through was excellent."



Please reach out with your questions!



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^{*}travel expenses excluded