



# Laurel Vespi

*Change is simpler than you think.*

*Engaging Speaker • Innovative Life Coach  
Award-Winning Author*



Laurel is a very energetic and true motivational speaker! She was very much enjoyed by our delegates with her warm and engaging manner as our keynote speaker. It is obvious that Laurel genuinely believes in what she says.

*Yvonne Verklan  
Chair, 2010 CSGNA Conference*



**Fresh perspective**  
**not another powerpoint presentation**  
**IMPACT HUMOUR**

- Award winning author of Spontaneous Combustion: Setting Your Life on Fire
- Certified Life Coach & a Credentialed Member of International Coach Federation
- 25 years experience as an educator, group facilitator & public speaker
- Member Canadian Association of Professional Speakers



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“ “ Laurel's presentation was successful beyond our expectations, both regarding the number of people who registered and the positive feedback we received from attendees. From our perspective, we would be more than happy to work with Laurel again. She was friendly, professional, and prepared, and all around a pleasure to work with.

*Meghan Unterschultz,  
Stony Plain Family & Community Support Services*

Laurel Vespi is outstanding! The feedback I received was immediate ... IMPRESSIVE. She walks her talk and creates an environment that encourages each participant to go beyond their comfort level.

*Jo-Ann Vacing, Executive Managing Director of eWomenNetwork Alberta*

Laurel was a wonderful asset to our women's conference. Her positive messages were a great way to start our day.

*Deanne Young, Conference Chair, Breton Women's Conference*

As a conference planner, I appreciated Laurel's attentive responses, quick turnaround times for requests, and willingness to accommodate our program needs. It would be my pleasure to work with her again.

*Heather E Reid,  
Principal Planner, Innovative Conferences & Communications*



## Popular Topics Include:

### **What Are You Waiting For?** *How to Stop Procrastinating and Start Living*

Explore the ingredients necessary to re-ignite the fire in your life and re-energize your spirit.

### **Get Happy!** *Follow Your Bliss to More Happiness, Fun & Success*

It's not your circumstances that are holding you back. It's how you are thinking about them.

### **The Power of One:** *Making a Difference One at a Time*

Learn how you can make a difference one thought, one gesture, one action at a time.

### **Juggling Life** *Does life feel like one constant juggling act?*

Explore whole life balance from a fresh perspective and find a saner, more fun approach to keeping the balls in the air.

### **Real Women are Fabulous Women**

A light hearted and inspiring look at what it takes to be a real fabulous woman.

### **Simplify Your Life**

Learn how to declutter and rid yourself of the stuff that is holding you back.

### **Life by Design**

Learn a simple way to take stock of your life, create a focus for goal setting and take a proactive approach to your personal success.

**BOOK LAUREL for your next event!**

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