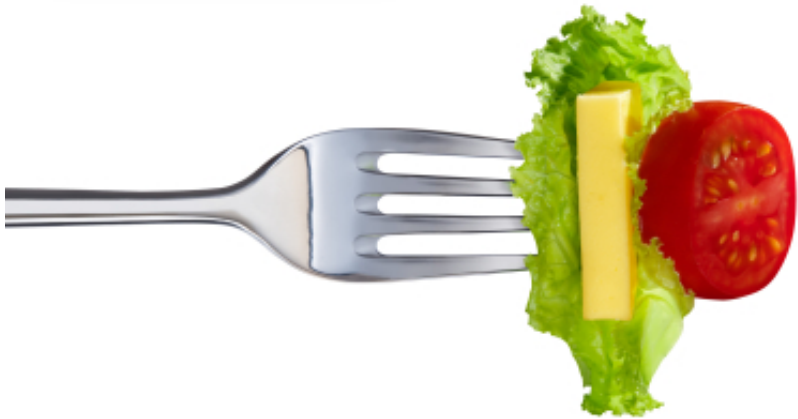




# Laurel Vespi

*Change is simpler than you think.*



## Lunch + Learn

A Lunch & Learn is short presentation, typically 50 minutes, designed to inform and inspire your employees. Whether participants brown bag it, or you provide lunch, these informal educational events leave people feeling more energized and knowledgeable and definitely with food for thought.

### Meaningful Refreshing wonderfully engaging presentation style **Dynamic FUN Practical**



- 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 warm and friendly ability to engage and encourage audience participation is a gift! She is quickly becoming one of our top favored speakers. Her ease of presentation is just one of the successful components, as she shares her knowledge and expertise.

*Marilyn Bussey  
Diversified Staffing Services*



Evaluations about Laurel's presentation were all in agreement: she definitely met our expectations! Her material was fresh and creative and her presentation style was interactive and engaging.

*Tabitha Nordby  
St. Albert Public Library*

Laurel Vespi is an absolute delight! She has an ease about her that engages people, allowing them to accept and integrate her experience and wisdom.

*Sheryl Hansen  
Coordinator Campus Sport & Wellness, NAIT*



## Popular Topics Include:

**Getting Where You Want to Go:**  
Strategies for Effective Goal Setting

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

**Get Happy!**  
Creating a More Positive, Fun & Successful Life

**Life Essentials:**  
A New Approach to Decluttering

**The Power of One:**  
Making a Difference One by One

**Put Your Oxygen Mask On First:**  
Strategies for Self Care Survival

**Loving the Chaos**  
A Whole New Approach to Life Balance

**It's Not About the Daytimer**  
Time Management that Actually Works

**Mind Your Manners!**  
Bringing Civility & Respect Back into Fashion

**Ducks in a Row**  
Walking your Talk to Success

**Try one of the 3 Part Series:**  
Relationships that Rock  
Conversations that Count

## What are the benefits to your workplace or organization?

- provides bite-sized learning in a busy schedule
- enhances employee motivation & morale
- effectively uses both time and money
- helps create a learning organization

**Ask about discounted fees for booking multiple sessions.**

**Programs tailored to meet your unique needs can also be custom designed.**

**Some pro bono sessions available for not-for-profit organizations & associations**

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