



AHA Your Life

Closing the gap between good ideas and purposeful action

Everyone has had a great idea or a sudden insight or clarity. The lightbulb goes on but before long the inspiration wears off. The power of the epiphany gets stuck in the gap without us taking the steps to meaningful action. Through humorous anecdotes and thought-provoking principles, Laurel Vespi demonstrates how we can take advantage of our AHA moments to be more productive and ultimately successful.

Whether it's an unexpected wake-up call or a eureka solution to a problem, you will learn a simple formula for moving from idea to implementation to successful outcome.

At the end of this presentation you'll know:

- what makes an AHA moment so important
- what your brain is doing when you are saying eureka
- why you get stuck in the gap between brilliant awareness and concrete action
- the difference between a spontaneous and a sparked aha moment
- a simple formula for closing the gap and creating success

Available as a 60 or 90 minute keynote

Or as a half day workshop when paired with From Stuck to Started session





Laurel Vespi

*Motivational Speaker, Award-Winning Author,
Certified Life Coach*

Mindfulness, productivity and life engagement expert Laurel Vespi is an engaging and powerful motivational speaker with a humorous and down-to-earth style. She shares simple and practical strategies, so people can reduce stress, improve workplace productivity and create moments of calm in the midst of a hectic and distracted world. Laurel helps people close the gap between good intentions and achieving meaningful goals.

Laurel has more than thirty years of experience as an educator, consultant and group facilitator. Laurel has a Master of Education degree, is a Certified Professional Coactive Coach (CPCC), and is credentialed as a Professional Certified Coach (PCC) from the International Coach Federation. Laurel has more than twenty years of experience in mindfulness practice, has completed training with Mindful Schools and is a Certified Lifestyle Meditation Teacher.

Laurel has been featured on several television and radio programs including Global, City TV, CTV, Alberta Prime Time, CBC Radio, EZ Rock, CHED and a variety of print media including newspapers, Readers Digest, Homemakers Magazine and Be Fabulous Magazine.

Laurel is the author of two award winning books **Spontaneous Combustion: Setting Your Life on Fire** and **To Be Awake**. Laurel is also the host of the popular podcast **The Being & The Doing**.



To learn about coaching, read Laurel's blog, listen to her podcast, or book her to speak visit laurelvespi.com



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