



# *Get Off Your “But”:*

## **Practical strategies for managing the obstacles that hold you back**

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People who achieve their goals consciously plan for success. Managing obstacles is a natural part of that process. No matter what goal you are working toward, you will encounter at least one obstacle. Somewhere along the way, something will happen that will slow you down or stop you in your tracks.

In this empowering session we will demystify obstacles so you can more confidently get out of your own way. You’ll learn how to kick yourself in the “but” and achieve the outcomes you desire.

When it comes to goals, having a plan is great but having a plan B is more important. That’s because without a strategy for managing them, obstacles can easily become excuses for not realizing your goals.

Perhaps you have heard yourself say:

I want to but...

I would stick with it but...

I used to be motivated but...

Obstacles don’t have to be the end of your goals. With a fresh perspective and a few powerful and practical strategies, you can master the roadblocks in your path.

In this session participants will:

- Discover a key question and an important and necessary shift in thinking
- Recognize 3 types of obstacles and the power of the pay-off
- Learn a no fail empowerment tool
- Practice 2 simple strategies for overcoming obstacles

Available as a 60 or 90 minute session, or as a half day workshop





## 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](http://laurelvespi.com)

