



The Power of One:

A simple formula for creating positive impact

Everyone wants to feel that they are making a difference; but sometimes we question the impact that one person can have. In her empowering and inspirational keynote address, Laurel Vespi will share a simple formula for creating the kind of positive impact you can have in your family, your workplace, your community and the world.

People will leave this dynamic presentation confident in the impact they are already having and inspired to make an even bigger difference through their thoughts, gestures and actions.

Often the challenges we face, at work or in the community, seem too big for one person to have a meaningful impact. The empowering and positive message of this keynote reminds us that every day we have an opportunity to create change through the way we show up and interact with the people around us. Whether you desire a more meaningful personal existence, to shift your workplace culture, or create global change, this session will provide you with insights and strategies to begin to create positive impact today.

At the end of this presentation you'll know:

- how a shift in your mindset can create possibility
- why small gestures should not be underestimated
- the surprisingly simple way change really occurs.
- how moving from “me to we” fosters collaboration

Available as a 60 or 90 minute keynote

Or as a half day workshop when paired with The Presence Effect 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

