



Stuck to Started:

Finding the sweet spot between going with the flow and getting stuff done

With all the best intentions of getting something done, it's a common experience to put off starting for another day. With endless distractions and fluctuating motivation, taking the first step to achieving a goal or task can be daunting. We procrastinate and then our inner critic takes over and our confidence and motivation declines. It's no fun being stuck in the gap between "I want to" and "I did". In this refreshing and candid session, you will discover why you put things off and some practical strategies for kicking yourself into action.

Whether it's tackling a new work project, decluttering our house or starting the fitness program, good intentions wear off and we wait for another burst of motivation. We have all been there – declaring tomorrow will be the day we finally get going on that thing we have been putting off. What is missing is a simple and practical system for closing the gap between what you want and what you are doing.

In this session we will explore...

- what procrastination is really about (and it's not self-control)
- how to know when putting things off is a good idea
- 3 kinds of gaps that exist between intention and action
- the truth about motivation and 21st century rewards
- practical daily strategies that keep you on track

Available as a 60 or 90 minute session

Or as a half day workshop when paired with the AHA your Life 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

