

## ***LEARN HOW TO S.U.R.F!*** ***Managing the ups and downs of life***

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Ever feel like things are going along smoothly and then a giant wave comes and knocks you off your feet? Or maybe it's the endless tides of expectations and commitments that are wearing and tearing at your positive attitude ... making you feel worn-out, stressed out and *missing out* on so much joy in your life.

You aren't alone! Uncertain and stressful times often leave us distracted, irritable or anxious. In this fun, thought-provoking session, we'll dive in and explore why we respond the way we do to stressful, challenging times and how we can better navigate the inevitable ups and downs of life.

Participants will learn:

- why life can be messy
- the real cause of stress
- how to pair mindfulness and resilience skills
- the S.U.R.F. strategy for managing the ups and downs of life

**This is a 75 minute session.**



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 guides people to create the mindset, skills and routines that allow them to not only enjoy the beautiful moments of life but also manage the challenging ones. Her goal is to help you find the sweet spot where mindfulness meets resilience.

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

Laurel has more than thirty years of experience as an educator, consultant and group facilitator. She 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)**