



Most Popular Sessions

These are the hot topics that are most popular with Laurel's clients.

They are currently available as virtual sessions.

Looking for a different topic? Check out Laurel's Lunch & Learn sessions.

Taking C.A.R.E.

Self & team care strategies in challenging times

The pandemic has blurred the lines between our personal and professional lives as we work from home, leaving people feeling more stressed and disconnected than ever. In the face of these challenges, self-care and team-care are critical tools to ensure our healthy functioning at home and work.

In this upbeat session, participants will discover a fresh perspective on what it means to practice self and team care during situations that test our capacity and cause us stress. They will come away with some practical tips that help individuals feel calmer and more positive, and ways that their team can promote and maintain a healthy work environment.

75 minutes

Mindfully WFH:

Simple ways to boost productivity & well-being working from home

Some people thrive while working from home and others find the blurred lines between work and personal life stressful. While the degree of satisfaction you experience varies depending on individual circumstances, preferences and skills, there are some simple adjustments you can make to be more productive and focused while WFH.

Mindful productivity combines the use of mindset and routines to create an environment that allows you to feel calm and focused while successfully tackling your to-do list. In this session you will explore ways to navigate the challenges of working from home and have a happier and more productive workday.

60 minutes



Zoomed Out:

How to be more focused & productive during virtual meetings

It's not only you. Ten minutes into a virtual meeting, people's attention starts to wander. You find yourself multi-tasking, checking your email or scrolling through your phone. Before you know it, you've disengaged from the conversation. In this session you will explore how to boost your focus and engagement so that virtual meetings are a greater success.

60 minutes

LEARN HOW TO S.U.R.F!

Managing the ups and downs of life

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.

75 minutes

The Presence Effect:

Why how you show up determines what happens next

In interactions with others, presence is the go/no go factor that determines whether people say "Yes!" or "No way". Presence is the ability to be fully conscious and aware in the moment, creating a flexible, spontaneous and trusting relationship with co-workers resulting in greater productivity and team engagement.

By cultivating mindful presence, we can heighten our awareness of our impact on others, enhance our listening skills, more effectively manage our emotions and boost our emotional intelligence. In this eye-opening session, you will explore the impact of how you show up on daily basis and why authentic presence is an optimal strategy for engaging people, creating better connections and improving performance.

90 minutes



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