



# LORI HANSON

High Performance Tools for *Serious* Success

Mindset • Nutrition • Strategy

## KeyBank



*"If you're looking for someone to jump start and empower their team to get them to achieving their goal then **I highly recommend you hire Lori Hanson. She is amazing.***

*Lori on behalf of the Women of Key, I would like to thank you for your assisting us with kicking off our new program. Your energetic and motivating tips were very empowering. Everyone left grateful and inspired that they could achieve anything, if they take care of themselves first. Your tips definitely benefit all employees in any organization. I had women come up to me and tell me as they were leaving, that they were excited to share your tips and books with family members!"*

**Debbie Trujillo**

KeyBank, Community Relations Director, Denver, CO

## ADA American Dental Association

*"In my opinion **Lori Hanson's closing keynote for the ADA's Health and Well Being Conference was the best program of the conference.** I was fortunate enough to attend her program and to watch her tie the conference together as the closing speaker of the conference. After a full day of programs it was a most welcome closing session.*

*Her personal journey and stories really connected with our attendees. She inspired us to believe that anything is possible. She delivered her motivational message with lots of laughs, a burst of energy and created a lasting impression.*

*If you're looking for a dynamic keynote speaker with a different flavor to spice up your conference or event, **I highly recommend Lori Hanson. She will challenge, entertain and motivate your attendees to take action.***

**Craig S. Armstrong DDS**

Chair of the Dental Health and Wellbeing Advisory Subcommittee 2013

**American Dental Association**

## > accenture

*"It was great having Lori out to speak to our Women's Networking Group. She was a very engaging speaker and our women gained a lot from her stories and philosophies. Several of the topics really resonated with our group, including: awareness of the negative messages we can tell ourselves, taking at least 5+ minutes each day for ourselves, and using our minds to envision ourselves achieving what we want. Lori's stories were both interesting and inspiring and all of our participants thought that it was time well spent."*

*"As the coordinator of the event, **I particularly appreciated Lori's professionalism and attention to detail.** Lori spent extra time tailoring the presentation to our audience and working with me in advance on logistics to ensure a seamless delivery."*

**Leslie D. Pham**

Accenture, Manager, E-Learning, Englewood, CO



*“Lori Hanson presented B.A.L.A.N.C.E. – Find out where it is for ME to the Women’s Employee Resource Group at Ball Corporation. When I sent out the invite for her presentation, I was overwhelmed by the number of women who immediately accepted the invitation. It was indicative to me that the term **“Balance” is something we, as women, continually seek throughout our lifetime no matter what stage of life we are in.***

*I too was very interested to hear what Lori had to present on how I could better manage my time and ever changing priorities. Unlike other presentations I have attended on the subject, **Lori’s approach to finding “Balance” was different. Her focus was to start from the inside out;** taking care of your personal well being so that you have all cylinders firing when you try to manage the multitude of demands on your time. What she said made perfect sense, starting with what you put into your body for fuel. It is something we have all heard, but Lori clearly illustrated how that is what connects the dots in finding Balance.*

*Her enthusiasm and real life testimonial inspired the audience to learn more and take action in their own lives. Her insight is something I wish I had in my twenties, but it is never too late to start living a better version of your life today. Thank you Lori helping me begin to find my balance.”*

**Alison A. Medbery**

Director of Business Management, **Ball Aerospace & Technologies Corp.**, Broomfield, CO



**CH2MHILL**

*“I enjoyed the Lunch and Learn session with Lori, she had some great tips to find balance in my own life. One of my favorites was to take a few minutes each morning when I wake up to think of my blessings and joys – not my to-do list.”*

**Julie Kauffman**

**CH2M HILL**, Operations & Maintenance Business Group Marketing and Communications, Englewood, CO



**CenturyLink™**

*“Thank you for speaking at our CenturyLink Women’s National Chapter Annual Meeting. **We were touched by your stories, challenged by your message and inspired to take action and create more balance in our lives.***

*The information you shared expanded our understanding of the nutritional component of finding balance. Your balancing exercise provided a concrete method of putting your message into practice. Your talk was rich with wisdom to improve our lives. **The seeds you planted will change us for the better and help us to realize our full potential.***

**Kathleen R. Haile**

**CenturyLink Women** - National President



*“Thanks so much for coming to our WINS event here at McGraw Hill. **You absolutely filled the void in terms of helping people understand about attitude, how important it is—giving them a plan on your visualization board and overall filling in the gaps. I know you had conversations with the other panelists before speaking and you blended so well. I’m so happy that you came.***

**Michele B. Irwin**

Key Accounts Representative  
**KMGH-TV - AZTECA AMERICA-COLORADO**





*"Wow! Lori Hanson is a powerful and exciting speaker and an entertaining singer. She had all 250 women in stitches with her song! **If you can book Lori for your women's or community event it will be the BEST decision you make.**"*

**Dawn Cooper RN, BSN**  
 Director Program Development, **Citrus Valley Health Partners**, Covina, CA



*"Our club members are still singing your praises. Your motivational presentation How to Keep Balance in a Crazy Lifestyle was delivered in such a captivating way—and your ability to craft your message in such an energetic and inspiring manner made it both fun and memorable experience for all who attended. The knowledge, information and enthusiasm you shared really inspired us to find guilt-free balance in this crazy lifestyle we certainly all live in."*

**Liz Mirzaian**, 1<sup>st</sup> Vice President, Programs  
**Soroptimist International of Glendale**, Glendale, CA



*"Lori Hanson is a dynamic speaker who shares her humor and compassion with her audiences. **Her personal experiences and authentic approach quickly engage and captivate those she meets.**"*

**SYSTEMS**  
**Suzanne Broski**  
 SVP Human Resources, **CSG Systems**, Englewood, CO



*The feedback has been incredibly positive, with a good perspective on how to rethink and how to be positive. Thank you for teaching and reminding us of "balance" – you were very effective in getting your message across with humor and engaging our women – **it was one of our best events!**"*

**Buffy Ransom**  
 VP, Oracle Software Support  
**Oracle**, Greenwood Village, CO



*"Thank you so much for coming to CH2M HILL to present a seminar on stress and life balance. It was very well received by our employees. Many folks commented that they were **able to apply your tips immediately to help manage stress in their lives!**"*

*We look forward to having you back for presentations in the future."*

**Shayla Glendenning**  
 Injury Prevention Specialist  
**CH2M HILL**, Englewood, CO



*"Your Balanced Nutrition on a Budget speech was perfect fit for our LifeForward community advocacy workshop. **Your energy and humor were a great addition to our program.**"*

**Chris Miller, President**  
Zonta Club of Santa Clarita, Santa Clarita, CA



*"Lori Hanson exudes the passion and energy of an individual who thrives on helping people improve their lives. She is an engaging and entertaining speaker. She discusses topics people don't usually talk about and inspired us to evaluate how we deal with stress and the amount of balance in our lives. Lori is humorous, compassionate and has a valuable message to share. I would highly recommend her for your next event."*

**Greg Nutter**  
Santa Clarita Valley Rotary Club, Santa Clarita, CA



*"Thank you Lori for sharing your enthusiasm and knowledge about how to reduce and practice self-care for health care providers."*

**Terry Chase, MA, ND, RN**  
Patient & Family Education Coordinator, **Craig Hospital**, Englewood, CO



*"Lori is an outstanding speaker highly knowledgeable in assisting women. She is energetic, enthusiastic and extremely passionate about promoting healthy eating habits. She continues to bring a wealth of new ideas to our treatment team here at Casa de las Amigas."*

*Lori has a special connection with many of our residents. I do believe her personal experience is one of the strongest attractions for our residents because she demonstrates on a professional and personal level that recovery from any addiction is possible."*

**Doreen Garcia**  
Executive Director, **Casa de las Amigas**, Pasadena, CA

*"There was something about Lori...I-realized it was the passion in her voice as she talked about helping the victims suffering from eating disorders. Lori's personal experience hits hard and her authority, confidence, and knowledge of healing is advanced and practical. Lori's life experience suffering from an eating disorder herself combined with her articulate and passionate presence is leading the charge in the holistic treatment of addiction from eating disorders. After hearing Lori lecture I am reminded of the adage "the Cavalry is coming." **Lori is on the fast track to becoming an icon in her field.**"*

**Mike Gantenbein**  
CADCI, MA, Drug & Alcohol Counselor, Long Beach, CA

# **PALA**

**Publishers  
Association  
of Los Angeles**

*"Thank you so much for your terrific presentation last night. You did a great job explaining the often confusing maze of Amazon's information and programs, and your handout was very helpful. You are a wonderful speaker and we all greatly enjoyed your take on Aaron's book, what worked for you and your books, and the tips you shared with everyone. **I received many compliments on the program and it was obvious what a great success it was by how many people were talking to you afterward.** Thanks again for your time and support of PALA."*

**Sharon Goldinger**  
Vice President, **Publishers Association of Los Angeles**

*"**You were very polished, decisive, informative, poised.** Very impressive. We all thank you for an outstanding and generous presentation. We've received several praises about your presentation."*

**Gary Young**  
President, **Publishers Association of Los Angeles**  
Director of Professional Development, Independent Writers of S CA