

Lorraine Bossé-Smith

**TACKLE TIME TRAPS &
GET MORE DONE IN LESS TIME!**

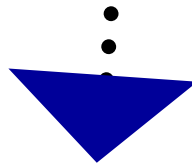
Time traps are those things that prevent us from reaching our full potential and accomplishing great things. They cost us valuable energy, time, and money. They create conflicts and cause missed deadlines. Besides being frustrating, they can truly be heart wrenching.

Learn how to get unstuck and break free of your time traps with this essential training sure to increase productivity and fulfillment.

*“Our lives revolve around time. If we misuse our time,
we, in essence, are misusing our life.
We were made for much more than this!”*

Lorraine Bossé-Smith

THREE TAKE AWAY BENEFITS



Participants will:

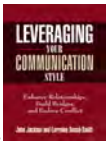
- Identify their top time trap and understand the real costs associated with it.
- Learn how to avoid their time traps with real-life, proven strategies.
- Receive practical tips for overcoming their time traps and how to manage their life events more productively.



AUTHOR OF

Leveraging Your Communication Style

Open the doorway to better communication with this informative book on the different communication styles. Learn how to avoid conflict, build stronger relationships and create better teams.



Leveraging Your Leadership Style

Discover your unique leadership style and how to motivate and inspire others based upon their unique leadership style. Includes a study guide!

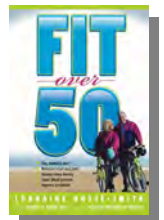


Check out more of Lorraine's books and fitness DVD's at:

www.lorrainebosse-smith.com

Fit Over 50

Make your next chapter of life your BEST by understanding the aging process and how you can maximize control over 70%! In order to have a healthy tomorrow, start by getting fit today with this encouraging and helpful book.



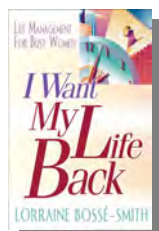
Finally FIT!

This is not a one-size fits all approach to fitness. Readers will discover their unique FIT (fitness individuality trait) and develop a customized program specifically for them. Set up for success, for the first time, readers will become Finally FIT!



I Want My Life Back!

Achieve balance in a fast-paced world; Reduce your overall stress levels; Put enjoyment back in your life and enjoy greater physical, mental, spiritual well-being.



3120 West Carefree Highway
Suite #1-617
Phoenix, AZ 85086

(623) 582-1578
www.lorrainebosse-smith.com



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<http://www.youtube.com/user/TheTotalYou1>

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@Lorrainebosse
#FITLeader

Lorraine has spoken to small and large groups alike. Some of her satisfied clients include:

- Camp Pendleton Marine Base—CA
- McCrometer, Inc.—CA
- Alliance Med—AZ
- Telgian Corp—AZ
- OK Music Teacher's Assoc. Conference
- Discover Financial Services—AZ
- Hach Company—CO
- ATD CA & CO
- Women in Financial Services Conference—IL
- Meeting Professionals International—NC
- SHRM AZ, CA, CO, TX

To join this list, please call Lorraine today! Ask how you can obtain a discount on her speaking fees.

Books available at bulk discount for resale.

ADDITIONAL INFO

- Author of Eight Published Books
- Certified Professional Behavioral Analyst
- Certified Professional Motivators Analyst
- Professional Member of the National Speaker's Association
- AFAA Certified Fitness Professional
- Certified Advanced Personal Trainer
- Graduate of Coaching Inc.
- AS Degree & BS Degree

A few of Lorraine's references:

- Dr. John Jackson—
President of William Jessup University:
jjackson@jessup.edu or
(916) 577-2200
- Mr. Dan Kuntz—Clear Channel Communications:
DanKuntz@clearchannel.com or (970) 461-2609
- Ms. Cassie Papadrea—
Women in Financial & Insurance Services (WIFS):
office@wifsnational.org or
1-866-264-9437

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