

# Lorraine Bossé-Smith

## THE POWER OF ONE

We are just “one,” but Lorraine Bossé-Smith reminds us with her story how one decision, one thing, and one person can make a big difference!

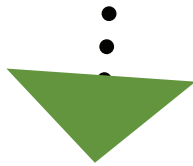
For anyone weary on the road less traveled, you will be inspired and encouraged to keep on keeping on because YOU are making a difference to someone!

*“Often times, I think we let our circumstances dictate our future, or we get overwhelmed by the sheer weight of it all. When a horrible life event hits, we forget to **recover** our life and get stuck in recovery!”*

Lorraine Bossé-Smith

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## THREE TAKE AWAY BENEFITS



Participants will:

- Understand the power and positive impact that one small deed or kind word can make.
- Be uplifted and inspired to give more to others, knowing they will receive a bounty.
- Realize through stories how we all need support and help once in a while.



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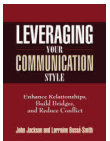
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## AUTHOR OF

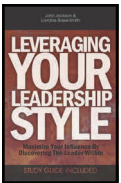
### *Leveraging Your Communication Style*

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!

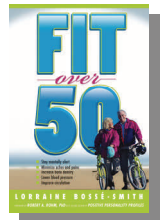


*Check out more of Lorraine's books and fitness DVD's at:*

[www.lorrainebosse-smith.com](http://www.lorrainebosse-smith.com)

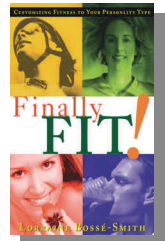
### *Fit Over 50*

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.



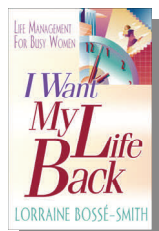
### *Finally FIT!*

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.





Follow Lorraine:

[www.linkedin.com/pub/lorraine-bosse-smith/](http://www.linkedin.com/pub/lorraine-bosse-smith/)

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

<https://www.facebook.com/pages/Lorraine-Bossé-Smith>

@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:

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