

# Lorraine Bossé-Smith

## BALANCE WORK & HOME LEAVE A LEGACY

Schedules are packed and life is crazy. The term Work/Life Balance is tossed around, but is it really possible? I say, "Absolutely!" The key is in defining what exactly work/life balance looks like.

This program sorts through what truly matters and helps participants define work/life balance for *them*. It offers concrete and practical steps for setting healthy boundaries and creating a more balanced and healthy life.

*"A better way exists that offers more peace, joy, happiness, fulfillment, and productivity. Let me help you get YOUR life back!"*

Lorraine Bossé-Smith



### AUTHOR OF

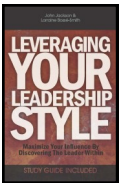
#### *Leveraging Your Communication Style*

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!

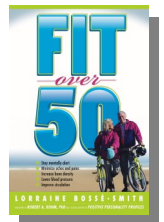


**Check out more of Lorraine's books and fitness DVD's at:**

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

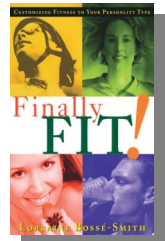
#### *Fit Over 50*

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.



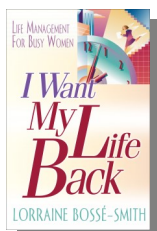
#### *Finally FIT!*

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.



## THREE TAKE AWAY BENEFITS



Participants will:

- Understand the true costs of an imbalanced life and know the signs of burn out.
- Define work/life balance for their age, stage, and career.
- Gain strategies for beating stress, tips for creating more balance, and ways to increase productivity.



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

(623) 582-1578  
[www.lorrainebosse-smith.com](http://www.lorrainebosse-smith.com)



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:

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

# Lorraine Bossé-Smith