

Lorraine Bossé-Smith

GET YOUR LIFE BACK: GET FIT TO LEAD & SUCCEED

Stress is a part of life, and everyone experiences stress. What we *do* with stress is the difference between burnout and balance. If we do not handle stress in a healthy manner, it will destroy us.

Lorraine was a poor stress manager, and it nearly killed her! She learned how to not only cope but thrive. She developed four crucial tires to a smooth ride: emotional, mental, physical, and spiritual health.

Get ready to pump up those tires and prevent a blowout!

“Stress is responsible for upwards of 90 percent of all sickness and illness.”

Lorraine Bossé-Smith



AUTHOR OF

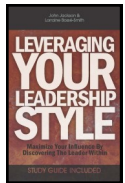
Leveraging Your Communication Style

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!

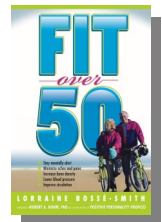


Check out more of Lorraine's books and fitness DVD's at:

www.lorrainebosse-smith.com

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.



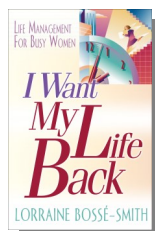
Finally FIT!

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!

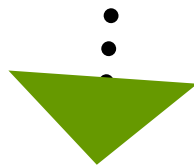


I Want My Life Back!

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:

- Learn what stress really is and the different types we confront every day.
- Get real about ways they currently address stress and the consequences.
- Gain insights, encouragement, and tips to combat their stress and create a more balanced, healthy life!



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<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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