

Lorraine Bossé-Smith

LIFE SKILLS ACQUIRE/ASSIMILATE/ACHIEVE

Life Skills are those things that allow us to respond effectively and productively to life's events. Without them, we are like a boat lost at sea being tossed about with no direction.

Life Skills should be mandatory in all schools, and this program is what employers need for their teams to excel in today's face-paced, ever-changing world.

From self awareness, emotional intelligence to understanding others, participants will improve relationships, avoid conflict and create more balanced, healthy way of work and home.

"When I can improve the quality of one person's life, they, in turn, are a more productive and contributing member to their team, which helps their business be more profitable. Everyone wins!"

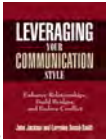
Lorraine Bossé-Smith



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!

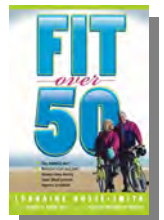


Check out more of Lorraine's books and fitness DVD's at:

www.lorrainebosse-smith.com

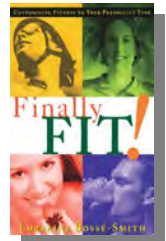
Fit Over 50

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.



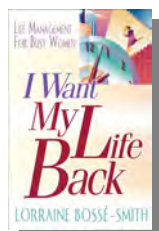
Finally FIT!

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!

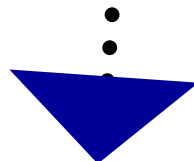


I Want My Life Back!

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:

- Understand self and others to have better relationships.
- Learn the important role of emotional intelligence in all aspects of work and home.
- Define and manage stress to create a more balanced approach to life.



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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.

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@Lorrainebosse



ADDITIONAL INFO

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

Stay in touch with Lorraine by signing up for her FREE newsletter:
www.lorrainebosse-smith.com

It's a double-opt in so please accept the Email request to join.

Lorraine never sells her list!

Her passion: to improve the quality of *your* life!

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