

Lorraine Bossé-Smith

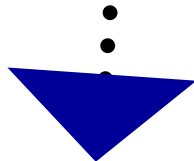
**MANNERS STILL MATTER!
BE THE CHANGE**

Social media has become a love-hate relationship for many. This great tool for connecting has opened doors for bad, unacceptable behavior that is finding its way on and off line. Relationships have never been easy, and they can often be messy. Lorraine shares poignant stories and helps remind us how simple acts of kindness are the key to love and happiness.

The Golden Rule still applies, and we can all do a better job with common courtesies.

"It's time to manner up!"
Lorraine Bossé-Smith

THREE TAKE AWAY BENEFITS



Participants will:

- Learn how to set healthy boundaries with technology, which was designed to serve us, not enslave us.
- Understand the importance of relationships and how to invest in them.
- Want to be the change they desire to see in the world, one small polite act at a time.



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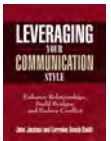
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www.lorrainebosse-smith.com



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!

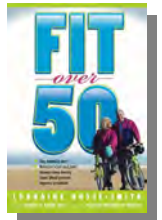


Check out more of Lorraine's books and fitness DVD's at:

www.lorrainebosse-smith.com

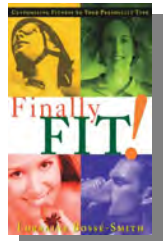
Fit Over 50

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.



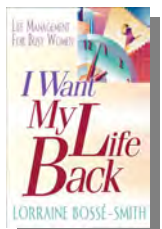
Finally FIT!

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.





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@Lorrainebosse



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 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](http://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!

Lorraine Bossé-Smith