

# Lori Hanson

*Keynote Speaker, Performance Coach, Author*



**Lori Hanson**  
Keynote Speaker

High Performance  
Strategies for  
***Serious* Success**

[Speaker@Learn2Balance.com](mailto:Speaker@Learn2Balance.com)

720-346-4640

[Learn2Balance.com](http://Learn2Balance.com)

Lori Hanson spent thirty years climbing the ladder in Corporate America, and although she enjoyed financial success and loyal clients, it was never enough. When health issues led to a new journey that brought healing from bulimia and the addictive behaviors she used to numb out, she wrote her first book. Then she left corporate to pursue her passion of being a motivational speaker.

## Keynote Speaker

Lori is a nationally known leader speaks for women's conferences, corporations, wellness events, retreats, and management meetings. She is dynamic, entertaining and leaves a lasting impression on audience members. Her love for animals and commitment to a healthy mindset and holistic nutrition make her unique. She speaks for women's conferences, corporations, wellness events, management retreats and sales meetings. She tackles the "guilt trip" topics and makes it easier to laugh at life and feel gratitude for where you're at.

## Performance Coach

A Performance Coach for female executives and business owners, she founded Learn2Balance and inspires women through her transformational coaching programs and women's retreats. Much more than a life or business coach, Lori integrates holistic nutrition and healthy mindset to build the foundation for success. Clients learn to unclutter their lives, improve their voice and GET what they want.

## Award-Winning Author

Now the author of *five* books, Lori shares personal stories and teaches high performance strategies for success in *Stress Survival Kit™ for the Alpha Female*. She co-authored *The Change 7, Insights into Self-Empowerment*, the popular series started by Jim Britt and Jim Lutes. Lori has appeared on radio and television internationally, and has been featured in *Essence Magazine*, *Wellness Women 40 and Beyond* and numerous national publications to bring awareness to overloaded living.

# Media Endorsements for Lori Hanson



Life balance expert,  
**AWARD-WINNING  
AUTHOR** and  
speaker, Lori Hanson  
shares her important  
message to help  
people **IMPROVE  
THEIR STATE OF  
MIND**, make good  
choices, **REDUCE  
STRESS**, empower  
themselves and...  
**DARE to DREAM!**

Speaker@Learn2Balance.com  
720-346-4640  
Learn2Balance.com

## Women of the World, Host Helga Sitkin

"I wish we had thousands of hours more because you are so interesting and what you have to say is so valuable. Your book is provocative, revealing and totally honest."

—**Helga Sitkin, host, Women of the World Kaleidoscope Magazine, American Radio Network (KCLA, KLAS-FM, Los Angeles)**

## Barbara McFaddin Show

"As a nation we are seeing epidemic numbers of people with eating disorders, whether it is bulimia, anorexia or other similar of addictive, self-destructive, compulsive behaviors. Your audience will experience the down to earth information Lori will share to help all of us find balance, peace and freedom. It Started with Pop-Tarts... is the beginning of that journey."

—**Barbara McFaddin, host, Barbara McFaddin Show  
WFHG-AM, Bristol, VA**

## The Donna Seebo Show

"You're one gutsy lady! I think anytime someone is willing to hang out their emotional underwear like you did...kudos to you. This is such an incredible journey; your book is very well stated!"

—**Donna Seebo, host, The Donna Seebo Show  
www.BBSRadio.com**

## The Feminine Soul Show

" I found Lori to be an engaging, interesting and articulate guest. Her subject matter is of great interest and importance and she demonstrates a depth of understanding that is compelling to listeners. I highly recommend her."

—**Robin C Hoffman, host, The Feminine Soul Show  
Real Coaching Radio Network (www.rcrn.info)**