

FOR IMMEDIATE RELEASE

Teens Come Together to Attain Happiness, Healthiness, Success, and All-Around Balanced Lives with “Teen Talk”

September 3, 2012, Denver, CO In a world polluted by bullying, temptation, and an ever-increasing pressure to perform at unprecedented standards, Coach Lori Hanson is providing a venue where teens learn to cope – and thrive; presenting Teen Talk for young men and women to meet, vent, laugh, have fun and well, talk.

“The overall goal is to give teens the tools they need to deal with stress – proactively – so they can avoid the traps presented by drug and alcohol abuse, eating disorders, and other destructive behaviors,” says Hanson, motivational speaker and author of *Teen Secrets to Surviving & THRIVING*. “Having fun is a big piece of that, so the forum gives these adolescents an outlet for discussion, *and* a place for them to engage in interactive and entertaining activities with their peers, while learning easy-to-grasp techniques that can be applied to daily life, quickly and seamlessly.”

Born from Hanson’s own 30-year battle to find balance and happiness, Teen Talk connects teens with other youngsters, who like them, are going through the same or similar troublesome issues. The class allows attendees to voice emotions and have fun in the process, walking away with increased self-confidence, reduced stress, and new friendships in the end; oftentimes without even realizing it.

“Historically, it was hard enough for teens to bypass traditional distractions like drugs and alcohol...now, even the ‘normal’ activities of going to school and just surviving on campus are becoming incredibly taxing,” says Theresa Byrne, master instructor at the United Martial Arts Center where Hanson’s forums are held. “Teen Talk not only gets teens talking and releasing frustrations, but the benefit of doing so is carried back to their everyday environments; they feel more confident to tackle challenges as a result.”

Hanson’s classes provide a necessary change of scenery, taking teens away from what could be their worst enemy in their own state of mind, and placing them into a new safe haven – one where they can get worries off their chest while learning from proven coaching methods and processes. Teen Talk presents an opportunity for young minds to take a giant step towards developing a winning attitude.

And it’s that attitude and increased self-confidence that may just be the answer for most students.

Battling bulimia as a teen herself – and struggling with the illness through her forties – Hanson pins her troubles on low self-esteem and an attitude that was far from the positive one she carries today. A clouded mindset acted as a catalyst for destruction, causing her to become a mentally exhausted workaholic, stressed out daily, and simply unhappy.

She did, however, find a way to pull through; armed with the conviction and a newfound passion to coach others on how to realize their own harmony and balance as a result. But while she was able to right her own ship, she is certain that having the option to talk to peers would have helped her traverse dangerous waters much earlier in life.

“There is a lot to be said for being able to relate with others who are experiencing or have experienced the issues with which you are familiar,” Hanson continues. “It’s one thing for me to tell my story, but it’s so much more for these teens to talk to equals who are dealing with everything from anxiety and bullying, to body issues, troubled relationships, and more...they realize they aren’t the only ones with struggles; that’s so powerful.”

Teen Talk was conceived with the intent of providing tools for teens to stay focused on the “good” in their lives, while remaining optimistic about their immediate futures; the classes’ teachings are delivered with fun, laughter, and a lot of love. Setting goals and establishing a framework to achieve success, Lori Hanson is not only getting teens talking – but she is getting them talking about how to put frustrations behind them, as they set out motivated to travel what hopes to be a flourishing road ahead.

About Teen Talk

Teen Talk classes are set to start September 12, 2012, meeting twice a month – the 2nd and 4th Wednesdays – at the United Martial Arts Center (UMAC) in Englewood, CO. Classes run from 7-8PM and the cost to participate is \$10 per class, plus a \$25 annual membership fee. Interested teenagers can register and reserve their seat by visiting <http://www.learn2balance.com/teentalk.html> or by calling 702-346-4640.

About Lori Hanson

Lori Hanson is an award-winning author of *It Started with Pop-Tarts®* and highly-acclaimed self-help enthusiast. She has been featured on TV and radio nationwide, as well as in print as an expert in her field. Apart from Teen Talk, Lori, a motivational speaker, spends her time touring the country, sharing her stories at conferences, corporations, college campuses, and special-interest events. She is a member of the Association of Fraternity Advisors (AFA), National Association of Female Executives (NAFE), Women's Association of Addiction Treatment (WAAT), Colorado Independent Publishers Association (CIPA), Independent Book Publishers Association (IBPA), and the Publishers Association of Los Angeles (PALA). More information can be found at www.Learn2Balance.com.

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