

# Lorie Solay, Cht

Award-Winning  
Teacher | Facilitator | Coach



## Booking Information

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## As Featured In

**Forbes Entrepreneur**

Imperfect Mommy  
Podcast



**REWIRE**

**THRIVE GLOBAL**

**INVITE ME** to inspire and motivate your community to tap their incredible, personal and professional potential.

As a certified hypnotherapist, advanced NLP practitioner, PSYCH-K facilitator, and expert in Quantum Consciousness facilitation, my expertise extends far beyond ordinary personal development training. I'm here to share leading-edge knowledge AND...to inspire and empower lasting positive change.

My dedication to this field of personal and spiritual growth has been recognized with awards, and my wellness insights have been featured on the pages of top magazines.

As a working mother who has navigated the challenges of self-worth and personally triumphed over **Chronic Fatigue Syndrome (CFS)**, I intimately understand the unique struggles faced by working mothers and women.

I'm all about connecting the practical stuff, like brain-based techniques, with the deep, mystical wisdom of the universe.

**My goal?** To make sure these remarkable insights and strategies take the pressure off our super busy lives, so we can find more room to breathe, deeper meaning, joy, and playfulness.

## Speaking Topics

Empowered Limits & Boundaries

Wellness & Self-Care

Meditation & Mindfulness

Balancing Divine Feminine/Masculine

Redefining Motherhood

Grounding Practices

Outsmarting Stress, Anxiety & Burnout

Metaphysical Insights & Techniques

Connecting To Nature Spirits

## Audiences

Working Moms & Entrepreneurial Women

Spiritual, Mystical & Inner Wisdom Seekers



*"Lorie's Conscious Creativity workshop was booked. This topic really resonated with our community. The audience was engaged and attentive. Her presentation was fun, informative, and infused with her unique brand of inspiration. The participants walked away uplifted, with action steps to increase productivity, creativity, and emotional intelligence. I immediately received calls afterward praising her and thanking me for bringing this content to the community. I highly recommend Lorie to others who are looking to inspire their community."*

**Monica Magee, Director of Marketing - Bishop Ranch Corporate Complex**