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## MOIRA LETHBRIDGE, M.ED.

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### About Me

As a partner, strategist, and facilitator, I work with business owners, executives, and individuals to help them grow their business, spend more time doing what they enjoy, and improve work-life balance. My expertise is executive coaching and personal development. I help both organizations and individuals clarify their goals and achieve their desired results.

### Keynote Speaker Outline

## **Keeping the Sparkle in Your Eyes: How Being A Savvy Woman in Just 5 Minutes a Day Can Help You Achieve Your Sweet Spot of Success**

Based on my book, [\*Savvy Woman Success in 5 Minutes a Day: Make Time for a Life That Matters\*](#), my presentation and workshop is interactive, engaging, and fun. Each person walks away with a plan of action to achieve their sweet spot of success.

### What I Do

I take big, life-changing concepts, and translate them into simple, practice things each attendee can apply immediately.

## The Problem

Women want to spend their time on what matters – family, work, play, health, community. They want to balance health, well-being, and achievement.

Because they are focused on multiple priorities they feel perpetually behind, which leads them to over-work and over-function. They neglect self-maintenance activities and are not in the present moment. The way they spend their time negatively impacts the purpose and meaning of their lives. There is no balance between, work, family, and personal fulfillment. Their time use does not match their values.

*“Most (wo)men lead lives of quiet desperation and go to the grave with the song still in them.”*

Henry David Thoreau

Do these questions resonate with you?

- Does the world define you as successful and yet you feel as if there's something missing in your life; like there is something more?
- Are you exhausted by the way you are living, thinking, and being?
- Do you feel restless, uncertain, or impatient with yourself?
- Do you ask yourself, “Is this all there is?”



When you think about going after what you want, do you stop yourself by saying one of the following statements?

*“It’s not that important.”*

*“I don’t want to appear like I don’t have it all together.”*

*“I should be able to figure it out on my own.”*

*“I feel stupid for even wanting it.”*

*“People may say no, or give me flack, or think I’m asking too much.”*

*“Why bother trying again. I can’t stand failing. What will my family and friends think of me?”*

What these statements have in common....

- You don’t believe you have choices
- You don’t know how to embrace your own potential
- Your limiting thoughts and beliefs are blocking you
- You don’t have the tools to make long-lasting changes

**There is another way!**

If you want to get off the treadmill of your incessant thinking and worrying, your limiting beliefs, and live a full, delicious life, I can show you another way.



## The Solution

The **Sweet Spot of Success** is the overlap of three areas of your life: self, relationships, and work. It is the balance of health, well-being, and achievement in each area that allows you to experience clarity, direction, and peace of mind.



The Sweet Spot of Success is the intersection of all the best practices included in [\*Savvy Woman Success in 5 Minutes a Day: Make Time for a Life That Matters.\*](#)



## The Results

- Gain clarity, direction, and techniques to improve your health, well-being, and achievement
- Connect with other women through accountability activities
- Achieve your goals faster and easier
- Define success on your terms
- Claim your full potential

## Brief Bio

Moira Lethbridge, M.Ed. – successful former President & CEO, now Executive Coach, Facilitator, Strategist, and Author. Her expertise is C.P.R. – Corporate Personnel Revitalization – a toolkit to quickly identify, assess, and resolve short-fuse challenges – practical and personal – and help people grow and thrive as leaders.

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## Contact Me



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