



**Laurie Guest** has built a reputation for being a speaker who does not disappoint. During a successful career in the healthcare industry, she became a “go-to-resource” for customer service excellence. She channeled that expertise into Guest Enterprises, Inc., her own speaking and training company. Laurie is known for jam packing her programs with usable information, clear action steps and tangible tools people can use right away in the real world. Plus, she’s funny. Laurie is masterful when it comes to delivering the right mix of relevant content, engaging humor and audience interaction.

Laurie is the author of three books and is a certified speaking professional. In 2021, she was inducted into the CPAE Speaker Hall of Fame® an honor held by less than 1% of speakers worldwide. Laurie lives in northern Illinois where she is a wife, mother of two young adults, lover of board games and below-average cook.

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## **Life in the Espresso Lane:** *How to be Smooth, Bold, and Balanced in a Fast-paced World*

What if you could give yourself an instant pick-me-up by a simple change of thinking—even in stressful times? If you find yourself zapped after encounters with customers or coworkers, this course offers simple yet powerful ways to instantly become engaged, motivated, and energized. You will learn practical mental “lattes”—ideas you can serve yourself any time you need to get your perk on!

This fast-paced, fun, and interactive program will give you the tools to blend your own energizer. You will leave with new pep and excitement for the day.

### **Attendees will discover:**

- One action to become indispensable at work
- Behaviors to positively stand out from the pack
- The best way to build rapport with others
- Ideas to achieve personal balance in life

### **Looking to reinforce the messages of the speech?**

Whether you want to simply recapture your inner peace in the midst of a hectic life, or do some soul searching over pending decisions, a retreat can be a life-changing solution. *Wrapped In Stillness* is the ideal companion and confidante to take along on your personal retreat. Author Laurie Guest gently guides you through the process with thought-provoking questions and keen insights gleaned from years of personal journeys. The wit and wisdom she shares in her personal stories will ignite your own memories and stories, causing you to reflect upon your life and move toward the future you desire. *Wrapped In Stillness* offers you the flexibility to create a retreat that is just right for you.

