



VALORIE BURTON

Helping you thrive in life and work

RESILIENCE • PURPOSE • WORK-LIFE BALANCE

AUDIENCES ARE SAYING ...

"Bring her back next year!"
"Awesome energy!" "Funny!" "Inspiring"
"She delivered a wealth of practical information."
"Great interaction with the audience!"

You want your event to be a great success. When you book Valorie Burton, your audience will leave inspired, energized and equipped with practical takeaways they can use immediately to excel at work and life. For more than a decade, Valorie's refreshing message about potential, productivity and positivity has connected with audiences and helped event planners create successful events.

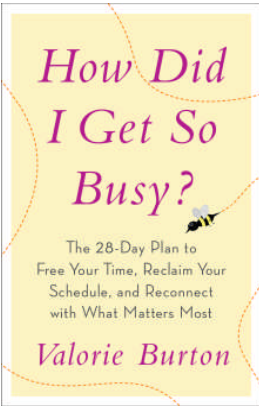
When you need a message that will leave your audience feeling good, but also equipped to take action toward real change – Valorie Burton is your solution. She is engaging and entertaining, yet *also* shares specific, useful action steps your audience can take right away. Valorie delivers it all – energy, laughter, real expertise, and useful, research-based information that has the power to transform how your audience works and lives. She is easy to work with and the consummate professional who aims to make sure *you* look good to both your audience and your organization.

FREQUENTLY REQUESTED TOPICS ...

- ❖ ***How Did I Get So Busy?: How to Excel at Work and Energize Your Life***
- ❖ ***Resilient and Ready: How to Thrive through Challenge and Change***
- ❖ ***Coaching for Success: How to Bring Out the Best in Yourself and Others***
- ❖ ***Successful People Think Differently: 7 Steps to Break Through to Your Next Level of Success and Happiness***

... and other titles customized for your event or theme.

ABOUT VALORIE ...



Valorie Burton is deeply committed to inspiring and equipping audiences to thrive in life and at work. As a personal and executive coach with a background in positive psychology, she equips them with proven, practical takeaways they can use immediately to make effective, meaningful change. She has written five books on personal development and served clients in 40 states and seven countries. She is co-host of the Emmy award-winning show *Aspiring Women* and has appeared in and on CNN, NPR, the *LA Times*, *Oprah Magazine*, *Essence* and *Glamour*. *Success Magazine* named her book *Why Not You? 28 Days to Authentic Confidence* one of the 25 best success books ever and *Leadership Excellence* named her one of the top 100 thought leaders in the field of personal development. She has a master's degree in Applied Positive Psychology from the University of Pennsylvania.

SAMPLE LIST OF CLIENTS

American Airlines
 BlueCross BlueShield
 Northwestern Mutual
 Monsanto
 Union Pacific
 Environmental Protection Agency
 FDIC
 Freddie MAC
 "O" The Oprah Magazine
 US Department of Navy Personnel
 Community Health Systems
 Black Entertainment Television

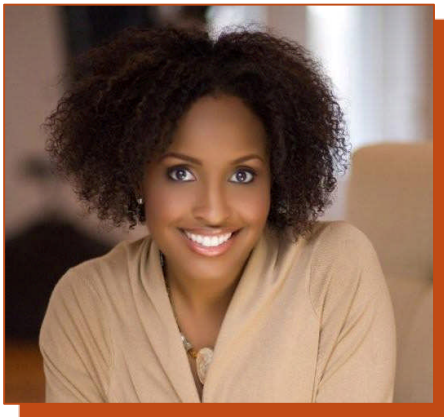
**To book Valorie Burton for your event or for more information,
 Call Toll Free TODAY! 1-800-980-8208, ext. 86.**

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***A Personal Message from Valorie Burton
for Event and Meeting Planners***



Hello!

I know you have many choices for speakers and I take seriously the responsibility of helping to make your event impactful, memorable and engaging for your audience. Inspiring people is a part of my mission in life, but I am also a business person. In my previous career, I owned a public relations firm and planned events with as many as 20,000 attendees. I know the challenges and details involved in planning a successful event – and what a difference it makes when a speaker's message and performance are aligned with the host organization's goals. I am often invited back as a speaker because I earned the trust of the meeting and event planner whose job is to create a successful event and meaningful experience for attendees.

I do everything I can to understand your needs and ensure that my message, timing and interaction with your audience meet those needs. Your audience will be inspired to action and walk away with practical tools they can use right away to succeed at higher levels at work and everyday life. You can relax knowing your speaker is committed to your success. I'm excited about the opportunity to serve you and your audience! Thank you for your interest.

With Gratitude,

A handwritten signature in cursive script that reads "Valorie".

Valorie Burton, MAPP, PCC
Master of Applied Positive Psychology
Professional Certified Coach



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SPEAKING TOPIC DESCRIPTIONS

Resilient and Ready: How to Thrive through Challenge and Change

One of the most important skills in today's marketplace is the ability to adapt to change and thrive despite the challenges that come your way. In this highly relevant and entertaining presentation, Valorie Burton helps audiences understand and create the building blocks of resilience so they can bounce back from setbacks, withstand pressure and maintain a positive perspective. Using practical takeaways and how-to's, she equips your audience with a survival toolkit for any challenge that comes their way!

How Did I Get So Busy?: How to Excel at Work and Energize Your Life

There's no doubt about it: People living today are living at a faster pace and with higher expectations than any people who've ever walked the planet! So how do you thrive at work and still enjoy a healthy personal life? Using relatable stories and surprising research, Valorie Burton gives audiences practical tools for excelling at work when there is more to do and less time to do it – and real solutions for making time for the people and things that energize and nourish you, mind, body and spirit. It's possible to create more balance and fulfillment, and less stress and overload. In an inspiring and humorous presentation, Valorie Burton will show you how.

Coaching for Leaders: How to Bring Out the Best in Yourself and Others

Coaching is a powerful tool for creating change, building a positive environment, and facilitating progress towards critical goals. This practical and inspiring presentation gives audiences principles and research-based techniques they use immediately to not only bring out their best and fulfill their potential, but to inspire and facilitate potential in others. During this powerful primer on coaching, audiences will learn to:

- Use a proven 5-step coaching process to identify and achieve goals
- Increase energy and engagement at work
- Improve communication and teamwork
- Bounce back and grow from setbacks and mistakes

Successful People Think Differently: 7 Steps to Break Through to Your Next Level of Success

In the last decade, a pioneering field called Positive Psychology has emerged – the scientific study of happiness, resilience, success and optimal human functioning. As one of a select number of people in the world with a graduate degree in applied positive psychology from the University of Pennsylvania, Valorie Burton shares powerful examples, insightful facts, and specific tools that are shown to increase productivity, happiness and success in your everyday life. She shows the life-threatening consequences of negativity and pessimism and the amazing life-giving power of positivity, optimism and using your strengths. More than a typical motivational speech, this presentation is one that will expand your audiences' thinking and help them transform their approach to work and life in ways that produce measurable results.

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