



Wellbeing Specialists

"Equipping & inspiring you to truly boost your health & happiness for life"



Do you want to boost people's health, energy and productivity?

Lauren Parsons will uplift your team and help create a positive, resilient, high-performance culture where people flourish and perform at their peak. A highly energizing speaker, Lauren draws on her 17 years of experience in the health and wellness profession. She delivers fun, entertaining and informative sessions that will engage people and inspire them to take positive action. See Lauren's [speaking reel](#).

Keynote presentations include:

Vibrant, Confident and Energised

Discover Lauren's unique, holistic framework of *Live Well Principles* including practical steps to boost your health and happiness, to take you from just surviving to truly thriving!

The Easiest Way to Energise Your Life

Overcome the time barrier, flourish and feel energized every day. Lauren's unique snack on exercise approach that will transform your paradigm around exercise, making it so easy to fit in increasing your health, energy and productivity.

Harness the Power of Positive Thought

Boost your brain power, take control of your thoughts and transform your life. Harness the power of your thoughts and discover how to train your subconscious brain to focus on what you want. Discover key strategies to enhance individual happiness and boost brain capacity to significantly increase personal and organizational success.

Nourish Yourself to Health

The world of nutrition has become confusing and overwhelming for many. This session will overcome the myths and offer breakthrough tips that make good nutrition simple and easy to do, leaving you feeling lighter, more vibrant and relaxed about food. Can include live food demos and tastings.

Popular Workshops include:

Living with Vision and Passion

A powerful goal setting workshop that will give you a clear picture on where you want to head in life and how to break the steps down to get there! We work through a powerful exercise to clearly identify where you want to be and how to create the right road map to get there.

Stress Buster

Get back in balance with the 10 essential principles to manage stress and boost resilience. Learn the fastest most effective way to feel calm, clear-headed and confident. Boost your health and happiness long term with easy to implement daily routines.

Sleep Essentials

Without quality sleep, we cannot function at our best. This workshop gives you the essential tools to enhance your sleep, overcome restless nights, reduce stress and boost your vitality. Discover how restorative sleep is possible and wake up feeling refreshed and energised.

Top Food Tips from the French

Learn to relax and LOVE eating again. Guilt free! Being immersed in the culture while working in France Lauren gained an in depth understanding of the French's secrets to staying in shape at any age without diets or deprivation. Apply these principles to overcome cravings and create a positive, relaxed relationship with food that leaves you feeling amazing.

Valuing your Values

Understand what drives you and others and how we can be fulfilled and avoid stress by making our values a priority. This session draws team members together through a deeper understanding of what drives on another.

Time Management For Busy People

Increase your productivity & effectiveness in your daily routines and give yourself more time for the things you love so you can achieve real balance in your life!

Overcome the Overwhelm

Discover how to avoid feeling overloaded, boost your productivity while staying calm, centred and in control. This session will show you how to juggle the multiple demands of life, work and family, how to create space, declutter, systemize, set boundaries and so you can thrive, get more done and experience more joy.





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Book Lauren to ensure the success of your next:

- Conference Keynote
- Workshop or Seminar
- In-house Training
- Professional Development Day
- Executive or Team Retreat

Bilingual – Fluent in English and French

What others say:

"I can HIGHLY recommend Lauren, she is a fabulous presenter with passion, zest, humour and professionalism - she is a truly transformational person who will affect your world in a profoundly positive way! She is MUST see and leader in her field."

– Angela Cossey, Intimo International

Lauren Parsons shined bright as a keynote speaker at FMI's PD Week learning event on November 24, 2017. Lauren engaged our delegates with an endless supply of energy that had them up and moving around – and had them doing it with a smile on their faces.

Her tips on the health in the workplace truly resonated with our crowd and had people feeling uplifted and energized following her presentation.

Simply put, it was a joy to work with Lauren.

-Christopher Egan, CEO, Financial Management Institute of Canada

Lauren manages through enthusiasm and inclusion to inspire all sorts of people to have a go at making changes that they know very well they need to make but don't know where to start. She encourages that first step breakthrough.

- Stewart Harrex, Fitzherbert Rowe Lawyers

The session you delivered was inspiring and uplifting and came at a time when employees needed to be re-energized. Your genuine and authentic approach, being a working parent, was appreciated from staff. You provided helpful tips and tools to help them balance their life. The session was extremely well received by our staff.

– Dominique Martel, HR Policy and Programs, OSFI-BSIF, Ottawa, Canada

Lauren is an engaging presenter who brings a wealth of knowledge across a broad range of wellness areas. She demonstrates a real passion for making a positive difference in people's lives.

– Kelly Alkema, HR Manager, Hutt City Council



Thanks Lauren for a very professional and dynamic session that gave me heaps of things to think about. Just superb. – Team member, Toyota NZ Ltd

"I LOVED your talk, you were my favourite speaker. Reflecting on that, I believe it was because you connected with us so well. You were real....transparent....fun.....and revolutionary!! It was a revelation to me that only a short burst of exercise is still so worthwhile.....I am a busy person and have never given exercise any priority. The fact that we can build it into what we are already doing and spend short bursts at it, is so achievable and sustainable.....it will change my life. So thank you Lauren so much."

– Jan, Beach Church, Raumati

Always so encouraging and positive and a real empathy which comes through so clearly and makes listening to your insight so much more effective. Thanks Lauren. I will be back next year.

– Yvonne Forlong, Property Brokers

Excellent presenting style, clear and well spoken. Good balance of fun, learning and group working. Thanks again Lauren hope to use you again in the future.

- Craig Woolliams, Operations Manager, Transfield



Get in touch to discuss how Lauren can best help you
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