

Miracles

BOOT CAMP

“ Lorna Nancy’s Miracle Burnout Recovery Boot Camps will inspire and energise you... bringing you the Power of a ‘Peaceful Mind aligned with a Happy Heart! ”



MEDIA KIT

Lorna Nancy

KEYNOTE SPEAKER, AUTHOR, BURNOUT RECOVERY SPECIALIST



A Brief Bio- Lorna Nancy

Having ventured on my Quest to find 'Peace of Mind and a Happy Heart' since a young age — I finally 'got it' at the ripe old age of 48, and only after having gone through not just one, but two life threatening 'wake-up' events!

Like most, I always thought of myself as a reasonably intelligent person. Qualified in Architectural Drafting & Interior Design, Life Coaching and Business Coaching, having founded several successful businesses over the years, all while maintaining a happy and healthy home as the mother of 4 daughters, it came as a great shock when my world was rocked with a complete and instant burnout in 2004.

I had put myself under so much pressure, I was flat out in the fast lane; working extremely long hours with tight deadlines to meet. In the final few weeks before my Burnout, I got down to 2 hours of sleep per night; even then that was broken sleep. I had figures going around in my mind continuously, as I tried to solve problems that just didn't seem to have answers. There was no relief. My head would not stop. Business, Family, Sport Commitments, Community Commitments, and the list went on.

There was an overwhelming sense of responsibility that seemed to lay with me. There was no way out. The harder I worked, the more my world seemed to be crashing. I was spiralling, but I couldn't stop it. Loosing 6 kilos in 2 weeks, I sought help from Doctors who gave me sleeping tablets, Natural Healers that gave me calming agents. I was wound up so tight I could feel the time bomb ticking. I didn't have time for my exercise. I cut my meals short as I left my family sitting at the dinner table because "I had to get back to getting the job done". It was insane what I was doing to myself, but the momentum was moving so fast that I couldn't stop it – AND I JUST COULD NOT SEE IT.

I describe it like the wheels of a Racing Car, turning, turning, turning, faster, faster, faster; until they are going so fast that they are starting to smoke. Now the Driver (me) seems to have lost control and these wheels have a mind of their own. As they build even more speed, the momentum of the wheels turning is now unstoppable. Smoking, smoking, smoking they get hotter and hotter, until suddenly there is an almighty BANG.

The Tyre explodes away from the rim; the metal hits the tar; sparks fly as the Driver (my inbuilt survival mechanism) slams on the brakes, so hard bringing the vehicle (my physical body and mind) to an absolute grinding halt.

Stopped dead in its tracks; unable to move. Lifeless!

That was me.

That was my BURNOUT!

Like the air expelled from the tyre, there I was; depleted of energy; depleted of the ability to move. Unable to hold any sort of thought or processing ability of the mind. I was unable to get out of bed for weeks, then weeks grew to months. The harder I tried to use logic to process in my mind what had happened to me, the more damage I did.

How on earth does someone go from a positive thinking person, with the world at her feet, to someone who is in so much pain they just want to go to their heavenly home.

It hurt so bad – I wanted to escape from myself. Hiding in a dark room, I could no longer go to the mailbox through fear. I couldn't bring myself to answer the phone or log on to the computer. My family could not motivate me. The dark room was my escape from the world. I did not want anyone to see me like this. I did not want anyone to know. The only problem was that I could not escape from ME and my THOUGHTS. Whenever I went – so was that little voice inside my head – destroying my heart and my soul.

There was a turning point for me – too scary to mention right here; but it was the catalyst that made me look outside myself. It gave me such a wake-up call that I started to seek help. But the one thing I could not find at the time, was someone who had been where I was – survived – and then thrived. I really needed to find that someone to give me 'hope'.

If this is where you are now, then My Story and my keynotes may be the gift of hope for you!

Wishing you the Power of a 'Peaceful Mind aligned with a Happy Heart'

MiracleBurnoutRecoveryBootCamps will inspire and energise you...bringing you 'Peace of Mind aligned with a Happy Heart'!

DISCLAIMER

All information is based on my own experience only. I have also called on Resources that I discovered in my quest to recover and rebuild. My words are not to be taken in isolation of Medical Advice – in fact there is a place for all the possible support that you can get both Medically and Naturally. Take from this course what you can use and discard the rest.



Keynote & Boot Camp topics

Lorna Nancy is available to speak at your organisation's meetings or conferences. All workshops can be customised to suit your group development needs in either a 2-hour, 4-hour, 1-day or 2-day workshop format. The 2-day boot camp format allows for more experiential time and greater personal attention. Below is a list of the most popular keynote topics.

Miracle Steps to 'Preventing Burnout'

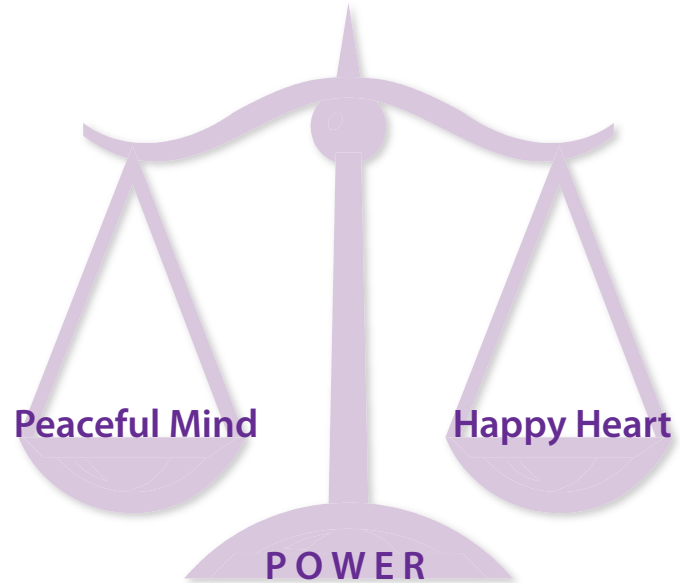
In a World that is so busy, this ever-growing, soul-crushing disease of the Modern World is claiming more and more victims in its wake of "high achievement". Looking after yourself and/or your employees has become more important than ever in today's Economy. "By 2012, Mental Illness will affect more people than heart disease". Prevention is much easier to work with than Cure. Don't be another Statistic to 'Personal or Corporate Burnout'! Let's work toward "a Peaceful Mind aligned with a Happy Heart".

2-hour Boot Camp

Miracles Steps to the 'Recovery of Burnout'

OK, so signals were missed — not hard to do living in this stressful and deadline orientated world. Now what are you going to do? Burnout is having a massive adverse effect on both Personal and Business Communities. If you are in the business of Wellbeing or if your Business relies on the Wellbeing of its Staff/Team, then this course may be the Miracle you are looking for. Written by someone who has experienced 'Burnout' and survived; and then gone on to thrive Living an amazingly Abundant Life; this very simple but unique "chunk it down" process which lays out a day-by-day journey, will gently empower and inspire the return to light, love and wellbeing. This personally delivered Program aspires to set strong foundations of stability and support systems for Success, in what may be one of the toughest challenges of life. My wish for you — "a Peaceful Mind aligned with a Happy Heart".

2 x 2-hour Boot Camp



The Miracle of Finding the 'Authentic You'

You know it's in you — but you may be struggling to find it. Modern demands over a period of time can leave you not knowing what you would be like, and who you really are — without all the attachments. By taking this Personal Journey of empowerment and discovery to find what resonates within you; you can re-connect with inspiring passion and soon be experiencing "a Peaceful Mind aligned with a Happy Heart". Delivered in a Unique and personal interactive format, this fun and enlightening Boot Camp will aspire to bring you the gift of Inner Miracles.

4-hour Boot Camp

The Miracle of 'Attaining the Full Measure of Your Creation'

When you discover what makes your heart sing, what brings you joy, and in essence your peace of mind; you are free to follow with certainty, passion and focus; the talents, gifts and innate abilities that lay dormant within you — until now. This Boot Camp aspires to assist you to locate, recognise and unfold their pleasures, leading you to pursue with vigore the Miracles of Creativity that exist within you, so that you too can thrive with the Power of "Peaceful Mind aligned with a Happy Heart".

4-hour Boot Camp



Client Testimonials

"Lorna Nancy is a 'special lady' with extra special qualities who has been encouraging and mentoring me in regards to my personal goals and work and future directions.

Lorna has assisted me in becoming more focused in my approach to life in general but in particular to setting aside time to really search for my "passions and directions for the future". She does this by questioning techniques, referring me to appropriate reading materials, books and articles and more importantly by directing me to take the time and effort in writing down my thoughts, dreams and goals without judgement.

Planning my perfect life backwards so that I can set an achievable path and give myself the time and reviews needed to acknowledge achievements, failures and directions for a fresh approach which is encouraging, refreshing, stimulating and confronting – but oh so exciting!

Lorna's personality and character is her best asset and not to mention her own personal journey which she was willing to share – a very, warm, approachable, focused and knowledgeable mentor whom I am enjoying and pleased to know and recommend.

A Miracle Boot Camp may be just the right approach for you too – enjoy the chance and opportunity to mix it with "like-minded" people who are willing to grow and share.

~ **Susan Crook** / Susan Crook Realty, Paradise Point, QLD

"I have found Lorna to be a very dynamic, energetic and positive person.. Lorna has inspired and assisted me to get my life "back on track". Her broad knowledge and understanding of what seems to be right for me, never ceases to amaze me, she also seems to know when I need to refocus. Lorna has helped motivate me to look for goals in life and finds ways to pursue these, also build self esteem and worth. Understanding that the body needs to 'heal' and to find peace and love within oneself. That affirmations, meditation and the power of positive thinking does make a difference. For all of this I thank her and love her."

~ **Pam Diffey** / Gold Coast, QLD, Australia

"When Lorna took up the challenge of working with my Law Firm and my Conveyancing Business, which included 17 individual personalities; I was impressed to see how quickly Lorna's insight and wisdom came to the fore while creating and systemizing Teams.

Intuitively Lorna could see where there were synergies, and where there were blocks, and in the following months of her implementing the Custom Designed Program, I was amazed to see the energy lift right through out the 2 Businesses as the strengthening of individuals and teams took place. All the while her innate ability to pose thought provoking questions, kept leading us all toward finding our own empowering solutions.

There were also times when we were challenged to get outside our comfort zones which brought about some additional amazing results.

The real 'pearl' comes in the simple and practical "chunk it down" method that Lorna has created. With these 'pearls' have come the ability to not only enhance our working lives, but to also add great value to our personal lives.

I thank Lorna for the time and the wisdom that she shared with myself and all my team; and especially enjoyed her glow of energy."

~ **Peter Clapin** / Redlands Conveyancing, Victoria Point QLD



Investment Schedule

Please fill out Presentation Agreement form provided to establish Investment Schedule.

- Keynote** (*up to 2 hours*)
- 1/2-Day Workshop** (*up to 4 hrs*)
- Full-Day Workshop** (*up to 6 hrs*)
- Panel Participant** (*same day as presentation*)
- Panel Moderator** (*same day as presentation*)

Payment options

To guarantee a specific date on Lorna's calendar, a 50% deposit with a signed contract is required.

The remaining balance is due upon completion of the program.

If the total amount is paid in full within 2 weeks of signing the Presentation Agreement, a 10% "Corporate Discount" will be deducted from the total bill, excluding expenses.

In the event of a cancellation:

- 100% of the deposit will be returned if the cancellation is made a minimum of 90 days prior to the confirmed date
- 50% of the deposit will be returned if the cancellation is made between 60-89 days prior to the confirmed date
- 25% of deposit will be returned if the cancellation is made between 46-59 days prior to the confirmed date
- Deposit will be forfeited if cancellation is made less than 45 days prior to the confirmed date

Presentation expenses

Speaking fees are exclusive of travel and audio visual expenses.

Travel expenses include hotel, meals, ground transportation and full coach class airfare. All other expenses including additional printed materials must be approved by the client.

Location

Lorna Nancy travels from Melbourne, Victoria and Paradise Point, Queensland - Australia.



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Client information

Client: Contact person:
 Address:
 City: State: Post Code:
 Business phone: Mobile phone:
 Email: Fax:
 Website:

Event information

Event date: Conference title:
 Lorna's presentation date: Lorna's approximate starting time:
 Estimated total no. of event attendees: Estimated NO. attending presentation:

Event location

Name of location:
 Phone: Address:
 City: State: Post Code:
 Nearest airport:
 Will someone meet Lorna at the airport? (please circle) Yes / No **OR**
 Should Lorna plan to take a taxi or rent a car?(please circle) Yes / No

Professional speaking investment

1. Your investment for Lorna's presentation is \$....., plus applicable expenses.
2. Expenses include coach class round trip airfare, ground travel, food, lodging, tips and duplication of handouts if necessary.
3. A deposit of 50% or \$ is to be returned with a copy of this agreement within 15 days to guarantee date.
4. Balance of investment is due on date of presentation. Expenses are payable on presentation of an itemised statement.
5. Please make all cheques payable to "The Trustee for WW Investments Trust". (ABN 71 660 229 745)

Acceptance of agreement (Please sign & date)

Client Date/...../.....

Lorna Nancy Date/...../.....

LORNA NANCY: KEYNOTE SPEAKER, AUTHOR, BURNOUT RECOVERY SPECIALIST



High Resolution Photos

Please drop me an email if you require any of the following photos in high resolution for your upcoming event's promotional material. Those photos are also available from my website's media kit page.



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Contact: Lorna Nancy, Founder
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