



Laurie provides people the system to create work-life balance that is full of energy, vitality and meaning.

Contact Laurie Today
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Burnt Out To Balanced™: A 3-step Formula for Extinguishing Burnout And Igniting Your Life

Are you burning the candle at both ends? Are you exhausted, discouraged, or looking for a way out? Are you just plain burnt out?!

Learn how to re-energize your life and create true balance, meaning and success.

Laurie Erdman, JD, MS, CHHC shares her secrets on how to infuse energy and joy into every corner of your life. Through stories, including her own amazing story on overcoming burnout, she shows audiences how to create a life of purpose, accomplishment and fulfillment.

At this powerful seminar, you will learn:

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- ✓ What steps to take to re-energize your life
 - ✓ How to get more accomplished
 - ✓ How to create a plan that will get you bounding out of bed
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Laurie Is Igniting Lives

“You touched my soul.”

“I was glad I had the opportunity to attend this seminar. It was well organized and Laurie presented the material in a very understandable way. **This seminar was extremely useful.**”

“I found Ms. Erdman's presentation to be **extremely informative**. I learned a tremendous amount, and I am going to try to adopt as many of her strategies and suggestions as possible. Equally important, **her presentation style perfectly matched what she said. She was down to earth, non-judgmental, and obviously very passionate about what she does.**”

“Yesterday's presentation was **extremely informative**. Also the tone and manner of presentation were excellent.”

“I really enjoyed Laurie's informative presentation, made all the more inspiring because her formula clearly had something to do with her remission from Multiple Sclerosis.”

“An **excellent and very informative presentation**. The session could have easily been 2 hours long.”

Other popular topics by Laurie Erdman

Managing Your Most Important Career Asset: Essential Strategies For The Busy Professional

The Most Powerful Stress Busters You Can Use Anywhere, Anytime . . . For Free!

Tireless Traveler: Tips For Bringing Your "A-Game" On The Road

Shakin' The Sugar Habit: A Realistic Approach For The On the Go Professional

How To Extinguish Burnout With An Anti-Inflammatory Diet: A Practical Approach

Partial Client List

- ✓ Entrepreneur's Organization
- ✓ The School For The Well Spoken Woman
- ✓ Small Business Administration
- ✓ Department of Health & Human Services
- ✓ Department of Education
- ✓ Booz Allen Hamilton
- ✓ RE-Max Allegiance
- ✓ Environmental Protection Agency
- ✓ Pension Benefit Guaranty Corporation
- ✓ Take Back Your Health Conference
- ✓ National Multiple Sclerosis Society
- ✓ Internal Revenue Service
- ✓ Government Accounting Office
- ✓ Arlington Public Schools
- ✓ U.S. Patent & Trademark Office



Laurie Erdman JD, MS, CHHC is a Get More Energy Coach.

Laurie has used her 3-step Burnt Out To Balanced™ formula to:

- ✓ Triple her energy while working two jobs and going back to school
- ✓ Become symptom and relapse-free of multiple sclerosis
- ✓ Build a successful wellness coaching and consulting firm
- ✓ Help hundreds of customers, clients and audience members get more energy

What Laurie's Clients Are Saying

Laurie Erdman speaks in such a way that people in the audience cannot help but be riveted. Her personal story is nothing short of miraculous, but it's **the passion and the urgency - and the humor!** - **she brings to her story** and the way she guides others to radically take charge of their lives that is remarkable. She is emerging as one of the **most potent thought leaders** making a stand for people to live lives rooted in well being, so that they can make major contributions in this world.

Audiences love her. People are left touched and inspired after experiencing her. As a speaker, she delivers -- big time.

~ KC Baker, Founder The School For The Well Spoken Woman

Laurie is a **dynamic and engaging speaker!**”

~ Karyn Miller, Environmental Protection Agency/Occupational Health Unit