

LIANNE BRIDGES



Author, Speaker,
Transformation Coach,
CEO & Founder of
Designing Transformation

ABOUT

Lianne's passion is to inspire others to follow their dreams and live happier and more fulfilled lives, and in so doing, create a ripple effect of positive change in the world. She believes that when connected to our purpose, we harness the power to transform our lives.

Lianne's talks, programs, workshops and retreats provide a unique combination of practical, personal and spiritual guidance.

In 1999, Lianne caught the entrepreneurial bug when she launched a successful marketing business. When her husband passed, she closed her business and went on a journey of healing and self-discovery, immersing herself in personal development teachings and spiritual practices. She sensed that her time on Earth was about more than being successful in her own right.

Lianne decided to put her MBA and 30-year track record working for multinationals in service for others. In 2009, she founded Designing Transformation, which supports individuals, business owners and leaders to awaken to their potential through vision, self-empowerment and alignment with their purpose.

Contact



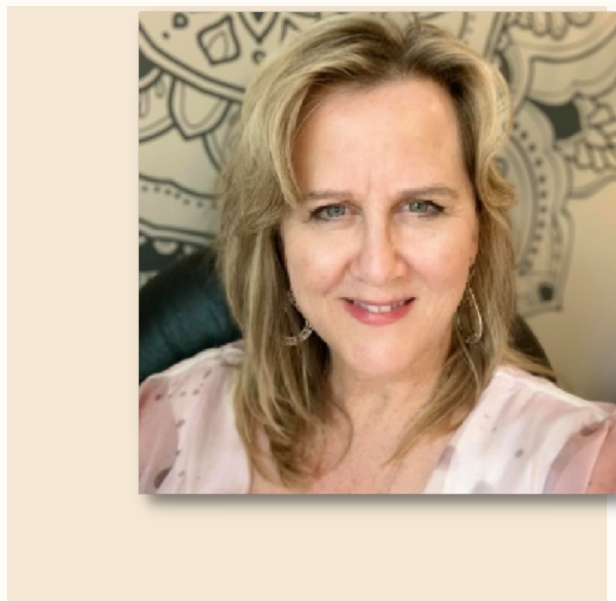
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Lianne lives with her two boys in the country, in the outskirts of Montreal, Canada. Her audience is both local and international, and includes people from a variety of communities, including business, leadership, spirituality, personal development and wellness. What they have in common is that they're change leaders, with an unyielding desire to continually improve themselves, their communities and society.

In her book, *Love Will Keep Us Alive*, Lianne recounts her own journey of awakening to her life's mission, sharing the details which are deeply moving and inspirational.



"It's my hope that this book can inspire others to believe in their own path and begin living the life we are all meant to live — one of love, passion, fulfillment and magic." ~ Lianne





Lianne is an excellent interviewer and engaging speaker and interviewee. She draws from years of experience as an entrepreneur, community leader and human potential catalyst, as well as her own personal journey.

Top Ten Topics Lianne loves to discuss include:

1. Living a life of purpose and passion.
2. Designing Transformation in one's life and work.
3. Self Leadership, guiding one's life from the inside-out.
4. Inspiring stories of people stepping into their potential.
5. Entrepreneurship - the path to freedom & self expression.
6. Truth, sovereignty, self responsibility, mastery and exploring the outer limits of human potential.
7. Fostering creativity in our work.
8. Spiritual awakening and consciousness.
9. The power of unconditional love.
10. Change Leaders - the modern world's adventurers, architects and alchemists.

Twelve Great Tips and Techniques Lianne can share:


1. Top 10 Reasons to Reboot Your Work Life.
2. 10 Biggest Roadblocks to Shifting into Work You Love.
3. 6 Step Roadmap to Transform Work into Passion.
4. 8 Major Limiting Beliefs that Hinder Success.
5. PAIAR Method of Transforming Limiting Beliefs.
6. 7 Main Supporting Beliefs that Catapult Success.
7. 4 Quadrants & 8 Personal Dimensions of Your ThriveZone.
8. 16 Point Wellness Self Evaluation.
9. 5 Power Practices for Radical Self Care & Transformation.
10. Evaluation of Your Top 8 Priorities.
11. 7 Characteristics to Cultivate for Self Mastery.
12. 5 Step Blueprint to Build Your Soulful Practice/Business.


OTHER HIGHLIGHTS


- **Author:** *Love Will Keep Us Alive, A Journey of Awakening through Heartbreaking Loss and the Alchemy of Love.*
- **Finalist – 2020 International Book Awards.**
- **Founder of the Human Potential Network:** a community designed to help individuals, entrepreneurs and leaders shift into higher states of performance, innovation, impact and fulfillment.
- **Host of the Inspire Show,** where she interviews successful change leaders from around the world.
- **Co-host of international transformational retreats** *Magical Soul Adventures with Sharon Cohen, Holistic Naturopath*
- **Featured on: "On With Rhonda" on Jewel Radio 106.7.** On this segment, she provides career tips and advice to live with passion and purpose.
- **Featured on Conscious Millionaire Podcast** (#1 rated podcast with 12 million listeners).
- **Speaker at the International Wisdom 2.0 conference** on living with greater mindfulness, meaning and wisdom in the modern world (San Francisco).
- **Guest lecturer** at McGill and Concordia universities.



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