



Granting freedom to honor truth, life and relationship since 2000.



**Lori DiGuardi** believes in freedom from oppression.

**Lori is an expert** in helping women say "Yes!" to themselves. She is passionate about helping women become their own best advocates, prioritize their needs, and love themselves - all without guilt.

**Her vision is** a new world paradigm of freedom where women are honored as authentic, visionary, and powerful leaders.



- Inspiring and Experiential Keynotes
- Webinars and e-Courses
- Empowering Skill Building Workshops
- Individual Coaching

## AN HONORABLE APPROACH TO BEING A BITCH

Learn the keys to increase self-awareness; recognize personal needs for change; and learn response-ability with truth, honor and inspired action while creating healthy relationships and authentic leadership.

## AUTHOR

**Anger 101:  
The Healthy Approach to  
Being a Bitch**

For women who are ready  
to be superheroes for  
their own lives!

## FROM INNER TRUTH TO FREEDOM: A GLOBAL MOVEMENT OF WOMEN

Explore the ways women limit themselves and are oppressed by others - directly and subtly; discover the keys to freedom, truth, and honor; create sustainable practices to shift into authentic and powerful womanhood.

"I was so lucky to have Lori present to Neumann University. Her **authenticity, passion... knowledge base, and ability to connect with her audience...** constituents left with a well-grounded idea of how mindfulness benefits them... and how it extends beyond... to **healthy interpersonal relationships.**"

- Stephanie E. Fortunato, Asst Dir of Alumni Relations, Neumann Univ.

"Lori **facilitated a multi-cultural relationship** between two schools on different continents with **diverse cultures.** Her ability to communicate supported our school leadership to **maintain healthy relationships** that **build community** and **academic success.**"

- Marth Mukasa, Head of School Brain Tree Nursery & Primary School Kyanja (Uganda)

"Lori is a **gifted, passionate and inspiring speaker.** She left the **audience hushed and speechless** when addressing 850 students, 200 teachers, and 100 parents. Her **passion for cultivating healthy relationships** among all of humankind fills hearts and minds."

- Dr Usha Balamore, Shipley School Assistant Head of Lower School Director of Character Education

