

Empower Yourself

CONSULTING



Lorna Blake

MEET

Lorna

Lorna is the best-selling co-author of "Celebrating 365 Days of Gratitude", The Art of Fear-Free Living & international best-selling author of My Big Idea Book. In the 2018 release of No More Chains: It's Time For Change, Lorna shares her story finally confronting being a Fatherless Daughter. Her story was featured in a film/documentary of the same name in 2019. Her recent stand-alone book, a memoir titled Born To Rise: A Journey From Setbacks To Comebacks chronicles her early life challenges and lessons learned as she built resilience and triumphed over adversity. It is now available on Amazon.



ABOUT

She enjoys success as a social entrepreneur who contributes to her community locally and globally. She provides Youth Empowerment programs to multiple schools in her local school board in Florida where she speaks to hundreds of students. She also visits Jamaica each year and gives back by providing scholarships & mentorship for a few high school students while inspiring hundreds yearly.

Lorna holds certifications in Executive Coaching, Leadership Training from The John Maxwell Company among certifications from several other organizations. She helps clients experience results. Her enthusiasm, passion and energy inspire transformation.

FUN FACTS ABOUT LORNA:

- 10 years in coaching
- 100% grateful
- 5 languages spoken
- 5 countries lived in
- 13 countries traveled and counting
- 100% Student & Teacher

MY DAILY 5:

- Gratitude
- Yoga
- Meditation
- Walks
- Journaling

CONNECT WITH LORNA:



The Reinvented
Life with Lorna

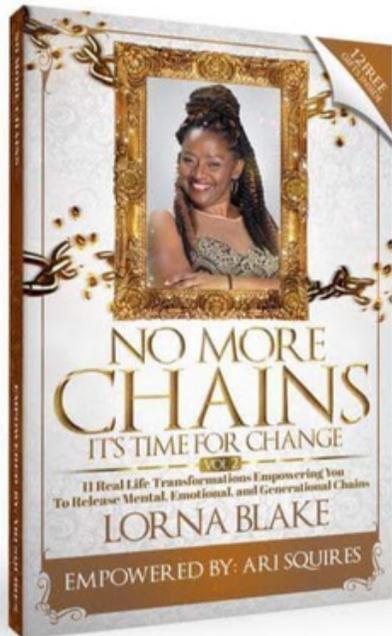


Lorna Blake



@lornab09

Highlights



AUTHOR

Lorna is the best-selling co-author of "Celebrating 365 Days of Gratitude", The Art of Fear-Free Living & international best-selling author of My Big Idea Book. In her latest release No More Chains: It's Time For Change, Lorna shares her story finally confronting being a Fatherless Daughter. Her story was featured in a film/documentary No More Chains 2 which is coming to a theater near you in 2019.

COACHING/ CONSULTING

Lorna's personal life experience transcending poverty, abandonment & abuse has equipped her with the skills and knowledge to help propel others into personal & professional success.

SPEAKING

Lorna's success as an international motivational speaker is due in large part to her ability to connect with her audience & create space for authenticity, relatability & inspiration. While the content she covers is in depth, she has a gift for keeping it simple while engaging her audience every step of the way. Lorna has spoken on stages in Jamaica, Canada, South Korea, Panama Central America & the US. She's spoken to audiences large and small with her biggest audiences in the thousands. She's been honored to speak on the same stage & be mentored by Oprah Winfrey's life partner Stedman Graham.

IMPACT

Coaching with Lorna has been one of the most powerful experiences of my life. Her Prosperity coaching has brought me over \$10,000 in new income in two months! And I'm continuing to manifest more money, partnerships & opportunities. I am embracing more freedom & fun in my career, lifestyle and in my relationships.

- Cindy Klok- Health & Wellness Coach

Lorna Blake is a star coach because she tailors her sessions to fit your needs and consistently seeks out constructive feedback, which proves she values your success and her own. She considers me a star student because I love power strategies (for my mind) and I actually implement them. After moving cross country, I sought out coaching with Lorna and she helped me increase my income by 100% over three months. Cha-Ching!

- Venus Jones Speaker

I hired Lorna as my coach to help me get past blocks in my life. Almost immediately I experienced a shift & began seeing results in my creative work - in my day job, but also in some success with a new photography hobby I've taken up. Her ability to address a range of issues with a very nimble approach was just wonderful. Highly recommended.

- Katharine Asal Freelance Film Editor

MEDIA MENTIONS & LINKS TO INTERVIEWS:

<https://www.facebook.com/56660228197/videos/648218252277905/>

<http://www.nomorechainsfilm2.com/the-cast>

https://www.fredericksburg.com/news/local/fredericksburg-area-producer-gets-red-carpet-treatment-for-her-independent/article_bc197efa-160a-570a-bd82-842fa93a913f.html?fbclid=IwAR1xM7JK3RsI76O_9z5LhcC9KnH6ozwsvA2CuIRltabW2OMY9kz0R95UhQg

<http://bestsellingauthorsinternational.org/lorna-blake.html>

<https://bestsellingauthorsinternationalnews.wordpress.com/2017/04/29/lorna-blake-is-featured-in-expert-insights-1-intl-bestseller-my-big-idea-book/>

<https://acelebrationofwomen.org/2012/05/woman-of-action-lorna-blake/>

<https://www.yourtango.com/experts/lorna>

<http://www.releasechains.live/meet-the-speakers/>

<https://www.my-island-jamaica.com/john-maxwell-leadership-speaker-visiting-jamaica-to-host-retreat.html>

<https://www.facebook.com/DrawLongBench/videos/1862554650441899/>

<https://www.facebook.com/watch/?v=1862554650441899>

<http://www.blogtalkradio.com/starzcast/2018/09/06/natalie-introduces-author-lorna-blake-of-empower-yourself-consulting>

<https://castbox.fm/episode/What-Do-Women-Need%3F-Special-Guests-Sara-Im%2C-Gail-Parker-%26-Lorna-Blake-id1846765-id115239392?country=us>

<http://www.blogtalkradio.com/lornablake/2010/07/30/empower-yourself-with-lorna-blake>