

SEEMA GIRI

**HOLISTIC LIFESTYLE STRATEGIST | INTERNATIONAL SPEAKER
AND AWARD-WINNING AUTHOR**



Seema teaches female entrepreneurs how to break free from the life they no longer want to confidently attract and embrace the life of their dreams.

Break Free to Brilliance

to book Seema t: 925-549-5147 | e: seema@seemagiri.com | www.seemagiri.com

Seema's extraordinary transformation from being bedridden with chronic pain to becoming a successful entrepreneur is the inspiration behind her bold mission to empower women entrepreneurs and leaders, the "Secret" to raise the bar and daring to have it ALL- A Holistic Success!

She shows them how to have a deeper connection with themselves and creates a strong health and wellness foundation so that they can be unstoppable in business and life.

She has co-authored the book The Authorities with New York Times bestselling author Dr. John Gray, from the "Mars/Venus" series and spoken across two continents to various audiences.

KEYNOTES

The Missing Secret to Your Success: How To Hit Your Goals By Prioritizing Self Care

In this talk Seema showcases her proven contrarian approach to personal and professional success through self care. She demonstrates that Self care is not a Luxury but a Necessity and how to prioritize it despite how busy you are. She walks attendees through how they can Rebound, Reset and Realign themselves whenever they are faced with adversity or setbacks....which is a part of life's course for all of us. She will share how they can use her proprietary system to set, hit and enjoy the journey while hitting their goals.

AUDIENCE WILL LEARN:

1. How to Strengthen their belief in themselves and trust their intuition so they can choose the best path for themselves.
2. How to Redefine Self care and see the impact that it can have on their level of success in life.
3. How to take action no matter what is occurring in their life and keep the momentum for long lasting transformation.

How To Stop Playing Small: MASTERING The Break Free to Brilliance Blueprint

Here's the reality; Today everyone is extremely busy, overloaded, and overcommitted. Everything is on the priority list except their own health and wellness. They see the value of it ONLY when it's depleted. In this talk Seema demonstrates how to break free from the needs of your external environment that has you pulled in different directions, so you can identify your brilliance and start leading your life, instead of being pulled by life. Seema shares her step by step approach to help audiences to stop playing small and achieve exactly what they want through the pathway of making their health and wellness a priority.

AUDIENCE WILL LEARN:

1. The Break Free to Brilliance Blueprint so they can learn how the "secret" to having it all is through their health.
2. How to reset, change or Improve any aspect of their life and feel stronger, more powerful and rejuvenated.
3. How to easily redefine their priorities at any time and at any age and take consistent action towards them.

Break Free to Brilliance! Book Seema Today! 925-549-5147



3 Reasons to Hire Seema

1. She gives the audience powerful and practical content and an empowering experience
2. She's flexible and adaptable in any situation and there to help the meeting planner shine.
3. She offers a fresh and innovative perspective having trained 100,000 individuals worldwide thru coaching, leadership development and training.

Humorous, Engaging and Empowering

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I have known Seema Giri for several years and from the first time I met her have enjoyed her calm, caring and confident personality. Seema has inspired me to reach for my goals and has shown me by her own actions the joys of overcoming obstacles, setting and working towards goals and connecting with awesome people!.

ANNABELLE COLESTOCK ENTREPRENEUR

published in



hindustantimes



THE **HealthSite.com**

RHG MEDIA PRODUCTIONS

Seema is an amazing speaker and leader. She has inspired others to more actively commit to themselves. She is powerful, dependable and captivating in her presentations. I highly recommend her for any speaking event.

DR. MICHELLE PETICOLAS, INNER GAME EXPERT, EMPOWERING LEADERS AND CHANGEMAKERS

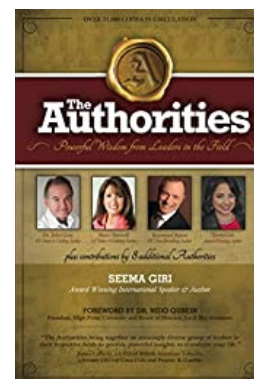
Seema Giri is a powerful speaker whose vulnerability and authenticity are touching and moving. She made me feel like I have the power to overcome my health challenges and flourish.

KIMI AVARY, M.A. RELATIONSHIP NAVIGATION SPECIALIST

BOOKS



Break Free To Stand In Your Power
Anthology Compiler
17 Experts as Co-Authors
powerfully share their own
journeys to breaking free to
stand in their power...sharing
encouragement to readers



The Authorities
Award Winning Author
Co Authored with
NY Times Best Selling Authors
Dr. John Gray
Marci Shimoff
Raymond Aaron

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