



Liliane de Vries is an energetic & fun-loving woman with a compelling story. Her vulnerability and courageousness brought her to where she is today.

This gregarious fun-loving woman shakes up the status quo with over 35 years of experience as a front line nurse and coaching individuals and teams. Her expertise with busy and overwhelmed women, both at home and the workplace, has her also specializing with nurses and healthcare leaders.



Liliane shares her life story, being raised with French parents who’s journey through the Second World War impacted her perspective in a way that turned her life around. Still living under the same roof, she separated herself, for 6 months, from her husband & teenage children to “find herself”. Liliane shares those lessons with her audience.

Over the past 18 years, she has turned her whole life around, knowing that women and healthcare professionals need to shift from being victims of their circumstances to taking charge of their happiness. There is no one to blame, and Liliane knows that from personal experience. It is up to us, as women and leaders, to create from what is possible. Liliane speaks of how crucial the mindset, our beliefs and the way we show up in our relationships, is crucial to our happiness.

As a speaker, Liliane has her audience engaged, calling them forth in their thinking. They will walk away with laughter in their hearts and solutions to their challenges. She is hired to reignite the fire in our souls.

BOOK LILIANE NOW! 647-381-7477

Liliane’s credentials are impeccable. She is an RPN (Registered Practical Nurse, CPCC (Certified Professional Co-Active Coach), Relationship Coach, ASTP (AutoSomatic Training Practitioner), and a Consultant of Workplace Wellness & Health Promotion. Author of a comical book, she brings her vulnerability and humour to a very serious topic.

Liliane’s involvement as a collaborator & hub leader in Toronto for the upcoming movie “**The Difference™ Movie**”, can best be described as the same genre as “**The Secret**” and “**What the Bleep do we Know?**”. This project continues to be an exciting part of her world work. Her involvement with Executive Producer, Jacqueline Bignell, from Australia, promises to make a world of difference in the lives of 6 billion people.



Telus Communications

“...the ‘masks’ came off, the work-titles dissolved and people began sharing with each other at a very intimate level.” Linda Lewis, Manager
“You have helped me see what is possible in life and have shown incredible support as I take my first shaky steps towards my future-self.” Carol Wheeler, SOHO Planning

Client list includes
Positive Fabulous Women, Providence Healthcare Centre, RPNAO, Leisureworld, Toronto General Hospital, Telus Communications, Baycrest, Steps Plus, International Coach Federation, Thunder Bay Regional Hospital, Sick Children’s Hospital, St Paul’s Bloor and more.

Most requested
KEYNOTE

alive!

“Where is my Tribe?” This is NOT what I signed up for!



Ignite & Connect with
Positive Fabulous Women

In this Keynote, Liliane de Vries delivers an inspirational and engaging, content rich message that is relevant to all busy women. Whether they are busy executives, busy moms or simply busy in their life trying to juggle it all, Liliane understands these women well; she has been there and felt lost and overwhelmed. This was not what she had dreamed of, as she pursued being the best spouse, mother, daughter, friend and employee.

Liliane shares her story, the reason women have difficulty finding true happiness and 3 things we can start doing about it. You can count on Liliane to speak with the audience in the most down to earth way and have them excited to commit to an immediate plan

of action to get their life back. She speaks the hard truth & provides solutions that work. In this powerful, engaging and interactive keynote, you will learn:

- That you are not alone
- How to change your mindset by changing your physical state of mind in order to achieve the results you want
- A step by step approach to changing your limiting beliefs into empowering beliefs, the very thing holding you back from believing that you can achieve anything you put your mind to
- The toxic behaviours used in most relationships, why we use them and a solution to creating healthy relationships

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Sunnybrook Hospital

Results Individuals See

Once Liliane has worked with individuals either through keynote speaking, circle work or one on one coaching, it has been reported that women:

- Feel hopeful and excited for more
- Are taking more responsibility for their actions
- Are communicating with more respect for themselves and others
- Get up happier and more excited about their day
- Are more productive and feel much happier at the end of their day
- Are reaching out to other women for support and ideas
- Are feeling more purposeful in their life
- They simply feel more “ALIVE”

ALIVE

www.alivetobeyou.com

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