

Cindy Laverty

Cindy Laverty Coaching & Training, Founder Lionhearted Woman Training at Cindy Laverty Coaching & Training

Nashville, TN, US

Helping Women live Courageously, Maintain Balance and Design a Life Worth Talking About!

Biography

I teach women how to live courageously, maintain balance and design a life worth talking about! I help high-achieving, driven women learn how to manage fear so they can embrace extreme self care without feeling guilty. I'm a Fear Busting Coach and I teach women how to stop settling for a life of "fine" to one that lights them up from the inside out. No matter where you are in your journey through this life, if you want to live on all cylinders you've got to break through the stuff that holds you back, rewrite your old story and start living the life you are meant to live. I'll show you how to move through any transition with your life still in tact. I also coach family caregivers who are going through transition after caregiving ends. It's a process that requires nurturing, strategies, action and results. At the end of the journey, sometimes you're left to try and figure out all alone. That's when you need guidance and Cindy has years of caregiving expertise. She helps you move through from full time caregiver to redefining and designing your new life purpose. Cindy also blogs at [Discovering Franklin](http://discoveringfranklin.com) about her journey of leaving her lifelong home in Los Angeles and moving to Franklin, Tennessee, America's #1 favorite small Southern Town. <http://discoveringfranklin.com> Specialties Transition/Fear Busting Coach Public Speaker Seminars for Women Author Talk Show Host/Media Personality

Availability

Keynote, Panelist, Workshop, Corporate Training

Industry Expertise

Media - Print, Writing and Editing, Media - Broadcast, Women, Elder Care, Media - Online, Health Care - Services, Health and Wellness

Areas of Expertise

Writing, Motivational Speaker, Author, Caregiver Expert, Radio, Entrepreneur, Public Speaking, Recording, Inspirational Speaker, Blogging

Affiliations

National Association of Professional Women Alumnae Board - Marlborough School

Sample Talks

How to Live a Courageous Life!

When a woman steps into courage everything changes...fear is manageable...comparisonitis dissipates...clarity of purpose becomes a way of life. How to Live a Courageous Life is a highly entertaining, interactive program designed to help women see that courage is an internal job and that we can all do courageous things in our daily lives.

Help! I'm a Caregiver

64 million Americans are providing care for a loved one. So why doesn't anyone know what to do? In this action packed keynote presentation, Cindy Lavery inspires and motivates the audience by giving them the real tools they need to not lose their lives. Your audience leaves with immediate action steps and a new perspective. This keynote is interactive. All materials will be provided.

Let's Talk About the 'F' Word ? It's not what you think!

Breaking free from FINE into GREAT is one of Cindy's most requested presentations. Stop settling for FINE and start living life like you mean it. It's breaking the chains of fear and stepping up and out. Find out in this presentation why Fine is Not Okay and how to change it.

Fear Busting

FEAR is real and it shows up in a million different ways. Learning to manage fear - even make friends with it will free you from a life of being stuck to one of fulfillment. Fear shows up in the workplace and in our personal lives. You'll never rid yourself of fear, but Cindy will teach you how to engage with it for the life changing results. This is Cindy's most requested talk.

Event Appearances

Becoming a Fearless Caregiver

The Fearless Caregiver Conference

Keeping Your Loved One Safe at Home

Culver City informational series

Preparing for the Caregiving Years

Morgan-Stanley Smith-Barney Regional Education Series

Empowered Seniors Rule!

Senior Expo

Creating a Culture of CARE

Faculty Education

The Soul of Caregiving

Community Outreach

The Soul of Caregiving
Community outreach program

Don't Let Caregiving Take Over Your Life!
Breakfast Club

The Business of Caregiving
Morning Business Breakfast

Education

University of Denver
BA Psychology/Education

Accomplishments

Professional of the Year
Cambridge Who's Who 2010 Professional of the Year in Radio Broadcasting and Compassionate Caregiving

Testimonials

Leslie Clavijo

Working with Cindy has been life changing. I went from working 4 jobs to quitting them all to run my own business. Cindy helped me identify what was holding me back with my own business. From the moment I started coaching with Cindy I went from a stressed to the max and unprofitable business owner to a confident, proud and profitable owner. You will not regret working with Cindy!

Debra Pashkowsky

"When I called Cindy, I was beginning a whole new phase in my life. I was scared and had no idea how to begin or even what I was going to do, but after working with her, I not only have confidence, but I feel great about the next phase in my life. It's scary to reinvent yourself but with Cindy on my side, I now know I can do anything and I can design the life I love. Thank you so much for all the help and inspiration. "

Coreen K

?Cindy is great and gets the job done. She helped me step back and look at the big picture of my business. As entrepreneurs we get caught up in details, goals and to do lists and sometimes we forget our purpose and don't take time to enjoy where we are in our journey. Cindy has a unique talent to encourage, yet challenge you. Take time to talk with Cindy, you will find yourself revisiting her words of wisdom often.?

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