

# Light Up Your Life!

## *Empowering People to Live and Work Stress-free!*



**SUSAN E. HANSON**  
*Author and Speaker*

Susan Hanson has authored an online video stress reduction program called Light Up Your Life! With over twenty-five years of exceptional sales, leadership, and business experience, she has educated many people on how to live a more successful life, both personally and professionally. She has lectured extensively across North America for numerous national and international companies.

Susan has operated businesses in the wellness and corporate training development sectors which has given her great insight into wellness, stress, and life's challenges. These enable her to assist people to live and work stress free, helping them to be more productive and engaged in order to enjoy greater life and job satisfaction.

During Susan's interactive keynotes and seminars she shows your audience how to reduce anxiety and stress at home and work, avoid burnout, and gain better work/life balance with great insights and successful tips they can use immediately to make a difference in their life today.

Online stress reduction program: [www.facebook.com/susanhansonstressfreeliving](https://www.facebook.com/susanhansonstressfreeliving)



Susan Hanson is a Professional Speaker member with the Canadian Association of Professional Speakers.



Susan Hanson is a Certified Corporate Wellness Specialist in good standing with the Corporate Health and Wellness Association.