

AT ANY MOMENT,
THE DECISION YOU MAKE
CAN CHANGE
THE COURSE
OF YOUR LIFE
FOREVER

Lunch & Learn

Keynote Speaker- Coach Toni

- Master Life & Peak Performance Strategist
- 5x Certified Emotional Intelligence Coach
- National Speaker

CEO; Get Real life and performance

“Her sincerity, charisma, warmth and humor have transformed ordinary people into extraordinary achievers.”



“Coach Toni is one of the most sought after mindset strategist with clients ranging from youth and teens to celebrities and CEO’s.”



ABOUT TONI

As a premier Speaker for audiences as large as 2,000—Toni energizes people to meet the challenges of the world around them, retrain their mindset and take action. Participants and clients praise her ability to teach, motivate, inspire and push them hard in one single session or seminar and results happen immediately.

Toni never tires of using her energies to help improve the lives of everyone she meets.

Toni's straight-from-the-heart, passion and high-energy, motivates audiences to step beyond their limitations and challenges, and into their peak life in many ways. Toni does not just talk the talk, over the past decade, Toni has expanded her career and has become a 3 time Master Life Coach, a 2 time Master Mindset Strategist and a 5 time certified coach in emotional intelligence. She is committed to her own personal growth and trains her brain daily to master new patterns, habits and routines.



“Toni speaks in a way that is clear, to the point and filled with personal appeal. She is fresh, innovative and honest. You will find her events and talks filled with wit, intelligence, sharpness and loads of humor. She keeps the audience engaged from beginning to end.”

Adam Schmidt CEO

“When it comes to self improvement and personal performance, Toni is at the top of her game. There are a lot of options out there but Toni stands out. She is quickly becoming a leader in this Industry.”

April Jetts Marketing Director

HIGHLY REQUESTED LUNCH & LEARNS

SWITCH- **MOST POPULAR**

Learn how to SWITCH your mindset from FEAR to CONFIDENCE

BEAT YOUR BRAIN

How to take idea to action and eliminate hesitation and doubt.

Good vs Bad Questions

Communication is the direct link to the quality of our lives. And we can't make a decision without first having a question. Asking yourself good questions vs bad is the first step towards success. Identify what questions you ask yourself and then how to switch them from good to bad.

Pain vs Pleasure

Our brains are designed to do two things, keep us out of pain and closer to pleasure. In this seminar, learn how to identify and redefine your pain vs pleasure response and change your habits, patterns and behaviors immediately.

Rid yourself of Limited Beliefs

What are your limiting beliefs? Are they precise? What have you convinced your brain of? Are your values and beliefs in conflict? Reverse disempowering limited belief thinking to the ultimate level of self awareness and empowerment.

Compelling Reasons... Reasons come first!

It does not matter what you "want" or "deserve" in life, if you don't master and uncover a compelling reason why, the chances of you reaching and sustaining that goal are slim to none.

Learn your outcome and design your compelling reason.

Reasons come first, goals come second.

REQUEST A FULL LIST AT: GetRealwithToni.com

LUNCH & LEARN OPTIONS

45 Min * 60 Min * 90 Min

BOOK TODAY

info@getrealwithtoni.com

