

Lori Sugarman-Li

FAMILY COACH,
CHILDREN'S BOOK AUTHOR,
KEYNOTE SPEAKER



Lori Sugarman-Li believes deeply in the power of families and is a passionate voice in the cultural shift aiming to articulate the value and visibility of unpaid work. Her career as a Communications Strategist, combined with a decade devoted to full-time care of her family, community, and children's charities worldwide, served as the inspirational backdrop for her professional relaunch as a Coach, Speaker, and Author.

She is dedicated to fostering meaningful conversations within families, encouraging them to contemplate how they care for one another and their shared space. Lori, her husband, and two sons are Canadian-born and live steps from Lake Michigan in Chicago.



Lori's Credentials

- MBA in Marketing & Strategy
- 15 Years of Business Leadership at Kraft Foods and Four Seasons Hotels + Resorts
- Stanford University Continuing Education
- Certified Fair Play Facilitator & Founder of Our Home Our Pride Family Coaching
- Published Children's Book Author
- Experienced Television, Radio and Podcast guest

Services

- ✓ Keynote Speaking
- ✓ Workshops and Seminars
- ✓ School Assemblies
- ✓ Curriculum Impact
- ✓ Readings and Signings
- ✓ TV, Radio & Podcast Guest
- ✓ Consulting & Coaching
- ✓ Brand Partnerships

Audiences

- ✓ ERG's
- ✓ School Parent Associations
- ✓ Motherhood Groups
- ✓ Community Groups
- ✓ K-12 Students

Speaking Topics

- ✓ Partnership equity in the work of home and family
- ✓ Engaging children and teens in household work
- ✓ Household systems that lead to family wellness and reduction in resentment and stress
- ✓ Reducing the mental load of motherhood and the benefit to women's wellness
- ✓ Motherhood and career – thriving in both spaces

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"Having Lori present to our online membership for moms left our community feeling inspired by her unique take on motherhood, care work and the home."

Marlie Cohen | Founder of Bounce Forward

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"Lori was sensational! We were incredibly fortunate to have her [speak] at our firm. Her presentation was substantive, thoughtful, content-rich, instructive, so incredibly informative. Lots to take away and lots resonated. Feedback was amazing."

Emmanuel Pressman | Co-Chair at Osler, Hoskin & Harcourt LLP

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Contact Info

Invite Lori to speak at your next event!



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