

Biography:

Lynne Harley is an award-winning Author, a Transformational Speaker, Teacher & Life Coach. For over 40 years, Lynne has studied and implemented transformational success principles into her life and her work. She specializes in helping individuals to build their dreams, accelerate their results, to create rich and more fulfilling lives. Lynne is a Certified Dream Builder Coach, Certified Life Mastery Consultant, with a background in Social Work. She combines her years of experience with a deep, holistic understanding of the universal principles that create new results.

Her recently published and award-winning children's book **"What If You Could?"** was inspired by the work she shares in the world as a Life Coach, Speaker and Mental Health Advocate. Lynne loves to inspire her audiences by unpacking the tools within her children's book that create a growth mindset and transformation in our lives.

As a cancer "sur-thrivor" Lynne shares stories of her own adversities and overcoming. She speaks to the power of listening deeply for inner signals that are inviting growth; how to tap into one's passion and purpose and navigate the internal self-talk that speaks loudly as we prepare to leave our comfort zone, spread our wings and fly! Lynne's message is universal. Everyone, from children to teens to graduates to seniors, must navigate change. Lynne's message is one that inspires, motivates and fosters mental wellness and resilience.

In 2022 as a 66-year-old senior adult, Lynne lived into her **What If You Could?** when set off on a loaded bicycle, alone and cycled 2000 kilometers across Canada. Her *"What If You Could tour"* was a healing journey that celebrated her brother Craig's life and continues to promote awareness for youth mental health. Lynne is a passionate advocate for jack.org, a charitable organization dedicated to suicide prevention world-wide. 10% of her book sale profits are being gifted to this organization www.jack.org/whatifyoucouldtour in memory of her brother.

Lynne's speaking style is joyful, honest, inspirational, and direct. She brings her full self to every stage. With a storytelling heart for real connection and desire to create a space of vulnerability, Lynne will guide your audience through a very special, life-transforming journey from open to close.

Lynne has been featured on numerous podcasts world-wide, and has been interviewed on Global National (Canadian) television and CBC Radio- Canada.

Link to CBC Radio interview for World Suicide Prevention Day:

- <https://www.cbc.ca/listen/live-radio/1-111-up-to-speed/clip/16008685-childrens-author-spreading-awareness-suicide-prevention-classroom>
- www.positivetalkradio.net

An Awesome Coach and wonderful podcast guest, I highly recommend her!" Kevin McDonald

- <https://www.kimlenglingauthor.com/> Let Fear Bounce Podcast

"Lovely is a lady with a beautiful mission!" Kim Lengling

- www.douglascolemanshow.com

Social Media

Lynne Harley- Author, Speaker- Life Mastery Coach & Consultant

- [Linktr.ee/lynneharley](https://linktr.ee/lynneharley)
- www.lynneharley.com
- Link to donate to youth mental health <https://www.jack.org/whatifyoucouldtour>
- Link to buy my book <https://www.lynneharley.com/about-8-1>
- Facebook business page <https://www.facebook.com/lynneharleyauthor/>
- Instagram- lynneharleycoach
- LinkedIn- Lynne Harley
- Canada - WhatsApp phone number -1-306-270-3800

Book Awards: “What If You Could?”

- Global Book Award Gold Medal
- High Plains Children’s Book Award Finalist Winner
- Reader’s Choice finalist and review:
<https://www.readerschoicebookawards.com/autumn2023/age3to7/lynne-harley/what-if-you-could%3F>

Topics- Questions for Discussion:

Master tools that transform:

- Your most powerful tool for transformation.
- Two essential keys for tuning into your purpose.
- How to determine whether your dream is right for you.
- Simple thinking-strategies that will guard you from fear, doubt and worry.
- What successful people do that creates sustained success.
- What causes people to lose steam when going after a dream, and how to stay motivated and override it.
- The power of gratitude.

Questions I am happy to answer:

- How did my spiritual journey begin?
- What spiritual practices support me? How?
- What has been the hardest part of my life journey?
- What my next for me?
- What super power have I found within myself because of my journey?
- Greatest take aways and life lessons.

Lynne resides rurally in the province of Saskatchewan, Canada. She has three adult sons and cheers them on as they live into their dreams. When not speaking or writing, Lynne enjoys spending time in nature, hiking, cycling, and kayaking and travelling world-wide.

“Lynne is an author and speaker whose joie de vivre and passion is certain to rub off on you. She is a long-distance cyclist (for a cause) a rebel and a raconteur- an inspiring storyteller!”
Seniors Coalition Member, Camrose, Ab.

Lynne was invited to present her book and its important life lesson to our **entire school and student body** in three separate presentations. Grades K-2; Grades 3-5 and Grades 6-8.

“Thank you for the inspiring presentation you gave to ALL of our student groups (K- grade 2; grade 3-5 and grades 7-9). Lynne Harley's book "What if you could" contains a powerful message of encouragement and hope that resonates strongly with kids. Even the youngest children can understand the power of our inner voices, both the positive and negative ones, to influence how we approach our goals, ambitions, and dreams on a daily basis.

Thanks to this presentation, they are even more aware of these voices and know which one should grab their attention and focus. It's a message all of us need to reflect on regularly.”

Sharon Judd,

Learning Commons Facilitator,

Round Hill School, Round Hill, Alberta

“Lynne’s message is well delivered, inspiring and tackles the difficult subjects of suicide and mental health. Well Done, Lynne! Thank You for sharing within our community. I will highly recommend you to others.” Helen Ogden – Library Board Member- Buchanan, Sk.

“Lynne delivered her presentation very professionally. Her message was very clear and inspiring as she brought examples, we could all relate to. We could feel Lynne’s passion as she conveying her message not only to children but to adults as well. I would recommend Lynne and the reading of her book to all kind of audiences!” Louise Halifax, Rama, Sk- Community Member