



BURGE SMITH LYONS

As Featured In



Your Speaker & Trainer for Leadership, Empowerment, & Communication

The perfect unique and high-energy motivational speaker who will engage your audience, create an unforgettable experience at your next sales meeting or corporate event!

Speaking Topics

All of these experiences provides solutions to the age old question: "Why am I not getting more of what I want and when I want it?" and "Why does this keep happening to me?"

"BubbleTalk"

How conscious and subconscious self-talk can block people from meeting their aspirations, and how they can identify and release these limitations.

Business "BubbleTalk"

Raise the performance standards of your team by motivating each individual to **commit themselves to excellence, prepare for adversity, overcome their fears, and build trusting relationships** in their personal and professional lives which improves the bottom line.

Relationship "BubbleTalk"

Overcoming limiting and negative self-talk helps strengthen and renew relationships, including your relationship with yourself.

Prosperity Through Emotional Healing

The use of SuperLearning helps you see your blocks from obtaining higher levels of prosperity and gives tools to shift your beliefs around money and success. She uses both logical and emotional/intuitive intelligence to quantum leap current thought. She shows you how your emotions can improve or limit your prosperity.

Post-Traumatic Stress Disorder

Works with veterans and other survivors to help free them from effects of PTSD by disengaging deeply-entrenched fight-or-flight responses, enabling them to better reintegrate into their homes, family, work and society.

Overcoming Divorce

As a board member on the National Parents Rights Association, which works with parents and children going through high conflict divorce cases. She discusses the tips and techniques to help families and children going through divorce to heal.

Essence Of Being

Experiential understanding of giving and receiving; why people get stuck due to fear. New definitions of fear and personal responsibility. What is contrast and clarity (what you want and what you don't want). How to pivot from what you don't want without resisting, and to get unstuck and to trust.

Orbiting In Love

Distinctions of how Law of Attraction and Law of Appreciation work with relationships. To give alternative definition of what commitment is and the difference between falling in love and orbiting in love. Show a new way of attracting more loving relationships to self, others, and the Universe.

Speaking Your Truth with Compassion

The participants will have an experience of their authentic selves and learn how to take personal responsibility. They leave feeling empowered and more confident in trusting themselves in business and relationships.

Essence of Courageous Leadership

Learn how to Create better synergy and communication with your team, how to take responsibility without blame, and train your business leaders to be more effective by being at purpose and integrity as a demonstration of what they expect.



"Don't Give Up Before The Miracle." Burge Smith-Lyons



Burge Smith-Lyons is president and CEO of Essence of Being, Inc. For more than 36 years she has been involved with the healing, learning and educational environment. She has led private and public venues in self-development, communication techniques, relationships, abundance, team building, and leadership development. She specializes in helping people identify their "Bubble Talk" — subconscious negative self-talk that blocks them from achieving what they want in life. She is an international best selling author, motivational speaker and trainer, DISC Certified Instructor, relationship and communications expert. She has taught thousands of people around the world since 1980.

Founder of Essence Of Being

Personal Development Programs for Adults, Young People, and Business Leaders.

Many people want to learn how to better relate to others and overcome self-defeating attitudes in order to reach their full potential. With more than 36 years' experience as an educator, Burge Smith-Lyons has created her Essence of Being® programs to help individuals, families, youth and business people overcome attitudinal obstacles, both conscious and subconscious.

Burge calls these limiting internal conversations "Bubble Talk." Her workshops, training seminars and camps employ Super Learning methods that help people learn faster and more completely by stimulating left and right brain learning centers. Life-changing lessons are offered through fun and challenging experiences with others seeking personal transformation, or one-on-one with expert teachers in communications and relationships. Her holistic mind-body-spirit approach includes experiential learning styles and engages participants with accelerated learning techniques.

Burge and her staff help people change old habits, patterns, attitudes as well as open new doors to health, happiness and prosperity.



Book Burge Today!

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