



BURGE SMITH LYONS

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BURGE SMITH LYONS

Long Bio

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. Burge has facilitated workshops for personal growth and corporate seminars since 1980. 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 "BubbleTalk" — subconscious negative self-talk that blocks them from achieving what they want in life.

Burge is distinguished by the many modalities of learning she uses for personal growth and leadership in her programs. Her holistic mind-body-spirit approach includes experiential learning styles and Super Learning, accelerated learning techniques that activate both the left and right brain.

Burge is an international bestselling author, motivational speaker and trainer, DISC Certified Instructor, relationship and communications expert. She is chairperson and founder of The Healing Forest Foundation, Inc. It is a non-profit organization that focuses on experiential learning and the shifting of outdated belief systems for children and adults.

She has also consulted and trained within the corporate environment in companies such as Georgia-Pacific, Toro Company, Target Stores, Xcellenet, Medical Doctor's Association, Enlightened Business Network, Thomas Publishing, and Women's Prosperity Network in the fields of customer service, sales, human resources communication, team building and leadership development. She has shared hundreds of stages including: with Kevin Harrington (Shark Tank), Sharon Lechter (Rich Dad, Poor Dad, Think and Grow Rich for Women), and Loral Langemeier. She is a member of The Womens Speakers Bureau, International Women's Leadership Assoc. and written with Wake Up Women and has a streaming TV show on The WIN (Women's Information Network). She is on the advisory board of The Women Network.

She has created the Essence Series of workshops, seminars, and programs and has taught thousands of graduates from around the world and hubs in Atlanta, Miami, Ft. Lauderdale, Asheville, Boston, Rhode Island, Toronto, Canada, Kuala Lumpur, Malaysia for over 23 years. She is expanding into India and China.

EssenceofBeing.com. BurgeSmithLyons.com



BURGE SMITH LYONS

Short Bio

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 and has facilitated workshops for personal growth and corporate seminars since 1980 in the area of 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.

Her holistic mind-body-spirit approach includes experiential learning styles and Super Learning, accelerated learning techniques that activate both the left and right brain.

Burge is an international best-selling author, motivational speaker and trainer, DISC Certified Instructor, relationship and communications expert. She is chairperson and founder of The Healing Forest Foundation, Inc., a non-profit organization that focuses on experiential learning and the shifting of outdated belief systems for children and adults. She has created the Essence Series of workshops, seminars, and programs and has taught thousands of graduates from around the world and hubs in Atlanta, Miami, Ft. Lauderdale, Asheville, Boston, Rhode Island, Toronto, Canada, Kuala Lumpur, Malaysia, for over 23 years. She is expanding into India and China.

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Short Bio with Picture



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 and has facilitated workshops for personal growth and corporate seminars since 1980 in the area of 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.

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Long Bio with Picture



Burge Smith-Lyons is currently the President and C.E.O. of Essence of Being, Inc. Burge has been involved with the healing, learning, and educational environment for over 36 years and created Essence of Being programs for over 23 years. She has facilitated workshops for personal growth & corporate seminars since 1980. She has led private & public venues in the field of self-development, leadership, relationships, and abundance for business, adults and children (ages 6-17).

She is an international bestselling author, motivational speaker, trainer, certified DISC practitioner, intuitive healer, certified rebirther, and family and relationship counselor. She uses many modalities of learning for personal growth and healing in personal workshops including conscious breathing, kinesiology, emotional release, energy release, psychotherapy, NLP, EFT, anger-release work, and Super Learning techniques. She is Chairman of The

Healing Forest Foundation, a non-profit organization to help children and adults be empowered through these programs.

She has thousands of graduates from around the world & hubs in Atlanta, Miami, Ft. Lauderdale, Asheville, Boston, Rhode Island, Toronto, Canada, Kuala Lumpur, Malaysia. She is expanding into China and India.

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TESTIMONIALS

"This is a must for anyone who is not happy with the results they are getting in their lives and are not sure why."

Colin Tipping – author of four popular, groundbreaking books: *Radical Forgiveness, Radical Self-Forgiveness, Radical Manifestation, and Spiritual Intelligence at Work.*

"It's undeniable. It is indescribable. This workshop transformed my outlook on my life's vision. Thank You!

LeGrande G, four time Emmy winning producer with the Oprah Winfrey Show.

"As a Transformational Life Coach myself I am not easily impressed. Burge and the Essence of Being workshop blew me away. I had thought I had done all the work, but this course helped me peel yet another layer off; allowing me to touch into the most vulnerable places with fearlessness and grace. Essence of Being is the most creative, unique, and life changing workshop I have ever taken. "

Jennifer Grace, Hay House Author and Radio Show Host

"The message I received loud and clear was, "**Trust and Embrace the Dance.**" The results have been extraordinary. My **husband suddenly seems more loving and attentive** and this change comes from my experience at EOB. "

Trish Carr, Women's Prosperity Network, Executive Coach, Trainer, Author, Speaker

"Two years ago... I was awash with shame, guilt, and self-pity – none of which belonged to me. You helped me release that which no longer served me [and] helped me to be free again."

Ian, Lockheed Engineer

"It was so deep that all I could feel was profound gratitude for your presence in my life an especially for the transformation that you have created in my life."

Rev. Gloria Ramirez, Coach, Healer, Speaker

"My heart function increased 20% which amazed my cardiologist. I would not still be here if it wasn't for EOB."

David S., Airline Employee, Atlanta, GA



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"I'm flying! Getting around is so much easier when you're not dragging around a bunch of guilt that wasn't yours to begin with. The release of dropping that load is indescribable."

Bob K., Retired Military, Atlanta, GA

"I've been to many self-development workshops through the years and was blown away by the brilliance of the Essence of Being workshop with Burge Smith-Lyons. What made this workshop so different from others was the masterful experience we were taken through, allowing us to experience each aspect of our essence and providing powerful tools for moving through our own, and often unknown, resistance. Thank you Burge and the entire team that came together to support the transformation and freedom I've experienced."

~ Nancy Matthews

Speaker, Author & Founder of Women's Prosperity Network

Immediately changes began taking place in my relationships with myself and with others. I now dare to express my true beliefs and stand up for myself. I feel much more in touch with who I really am and able to express myself freely. I have more courage to risk being my true self. My Mom always said, "Just be yourself." At last, I feel free to do just that. I've gained a much greater sense of self-acceptance and love.

Chris , NY

"I learned to use my voice and speak my truth and I got promoted in my company and my team became the most revenue producing this year!"

Vivian K., Kuala Lumpur, Malaysia