



# BURGE SMITH LYONS



## BURGE SMITH LYONS

MEDIA KIT

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Note: This online press kit and contact form is intended for use by the media. If you are not a member of the media and are interested in finding out more about Burge Smith-Lyons and her Essence of Being® programs, Please visit her Public Web site [EssenceOfBeing.com](http://EssenceOfBeing.com) [BurgeSmithLyons.com](http://BurgeSmithLyons.com)



# BURGE SMITH LYONS



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## Burge Smith-Lyons — The Essence of Being

Employing all the tools for transformation

There are many gifted healers, educators, coaches, speakers and trainers in the world of personal development, but few with the diversity of expertise of Burge Smith-Lyons and her holistic Essence of Being® programs and The Conscious Leadership Academy.

Burge is a leader in the world of mind-body-spirit healing and growth. Her gifted work includes helping veterans overcome post-traumatic stress disorder, ministering to teens and families with troubled relationships or empowering individuals to realize abundance in health, wealth and love. She helps companies with her leadership development programs.

With more than 40 years of experience as an educator, Burge created the Essence of Being® programs in 1993 for maximum effectiveness using a wide-range of techniques. Her trademark is helping people identify "Bubble Talk" — unconscious, negative self-talk that is making them sick, harming their relationships and limiting their prosperity.

It's a topic Burge knows from personal experience. Years ago, she was a divorced single mom with a 2-year-old, bankrupt, lost everything, home, business, and had a broken down car that she had to crawl out of the window. Today she has millions in assets, happily married for 26 years with a son who graduated from NYU and is travelling the world singing and acting on Broadway and doing what he loves for money. Her compelling true-life, rags-to-riches story has equipped her as a trusted teacher to thousands of people around the world seeking to transform their own lives for the better.

To help people young and old identify their Bubble Talk, Burge uses "Super Learning" involving the whole brain and tapping into their whole being — spiritually, emotionally, mentally and physically. Developed in the late 1960s by Bulgarian psychiatrist Georgi Lozanov, Super Learning works by activating the left and right brain back and forth, allowing participants to absorb faster, learn more and retain it through higher attention.

Super Learning is just one of many tools in the Essence of Being® tool kit. Participants in workshops, seminars and camps also learn through games, role-playing, and processes and experiences. These include fire-walks, team building, breath work, and other techniques expertly employed by Burge and her staff.

All of these techniques aim toward a common goal: to help participants overcome old habits, patterns and attitudes blocking them from health, happiness and prosperity. Graduates of Essence of Being® courses from around the world testify to the effectiveness of these programs.

"They leave opened up and with tools that work in the 'real world' to move forward in their business or personal lives," Burge says.

Burge started a non-profit, the Healing Forest Foundation, and built the Conscious Leadership Academy school from the ground up for hundreds of children in Liberia, Africa, where she teaches online classes two times a month. She runs her programs with a staff of expert facilitators that includes her husband, Bradley H. Lyons. He has more than 30 years of experience working as a corporate facilitator, consultant and coach and as a group leader/facilitator working with at-risk youth. The programs are based in Atlanta, with hubs Miami, Ft. Lauderdale, Asheville, N.C., Boston and Rhode Island, Texas,

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Toronto, Canada, Kuala Lumpur, Malaysia, Delhi, India, Quito and Galapagos Islands, Ecuador, Abruzzo, Italy, London, England, Liberia and Tanzania, Africa. She has taught live workshops on 6 continents and has many online courses, on-demand and virtual.

Download Burge's [Speaker One Sheet](#).

Burge has developed courageous leadership programs that have helped The Toro Company, Georgia-Pacific, Target, NBC and others. She is a certified DISC trainer in the field of behavior profiles. She has been a motivational speaker for hundreds of events worldwide. She has shared the stages with Lynn Rose, Marianne Williamson, Michael Gerber, Loral Langemeier, Kevin Harrington of Shark Tank, Robert Kiyosaki (Rich Dad, Poor Dad), Sharon Lechter (Think & Grow Rich for Women). She is a member of Women's Speakers Bureau, International Women's Leadership Association, Prosperity partner of Women's Prosperity Network, WeWorld, & e-Women Network and has a TV show with Women's Information Network. She is a thought leader with Awakening Giants, in 3 episodes streaming on PlexTV and YouTube. She is on the advisory board of The Women Network. She is an international bestselling author of "Conversations That Make a Difference: Shift Your Beliefs to Get What You Want." "Guides," "Snapshots from Positive Tribe," and the "Essence of Being Journal."

Click [here](#) to see a video about the Essence of Being® programs.

To find out more, visit the public Web site at

[Essenceofbeing.com](http://Essenceofbeing.com) [Burgessmithlyons.com](http://Burgessmithlyons.com)

[TheConsciousLeadershipAcademy.com](http://TheConsciousLeadershipAcademy.com) [HealingForestFoundation.org](http://HealingForestFoundation.org)



## Testimonials

### Essence of Being®

"It's undeniable. It's indescribable. It's Essence of Being®- just do it! This workshop transformed my outlook on life. It's that good!"

**- LeGrande Green, four-time Emmy winning producer with the Oprah Winfrey Show, president of Spirit MediaWorks**

"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, Atlanta, Lockheed Engineer**

"The Essence of Being® workshop is a powerful spiritual breakthrough vehicle that opened me to a deeper sense of passion and self-expression. It was in this training that I experienced a gentle transformation like the brush from an Angel's wings."

**- Rev. Kevin Ross (Rev. Kev), author, minister, and peak performance coach, Kevinrossspeaks.com**

"Up until now, I had thought I was going to have to 'go it alone,' but being with all of you convinced me that there are definitely others out there of like minds (and spirits) and that my partner is alive and well and looking for me too! I attracted my now husband and am happily married."

**- Karen M., Hilton Head, Grant Writer**

"After attending EOB I'm aware that I've been so focused on the outcome, on the goal, on the immediate task that I've been missing the joy in the journey. The message I received loud and clear was, "Trust and Embrace the Dance." And that is my new way of living. Today, I am paying attention to *now*. Today I do my best to live in the moment, to really be present with the people in my life and with myself. The results have been extraordinary. My husband suddenly seems more loving and attentive. I am enjoying my family and friends more than ever. I feel connected with people. I know it's not them that magically changed. It's me. And it comes from my experience at EOB. Without that experience, I wouldn't have had this breakthrough. EOB is not just a workshop. It is a transformational *experience* that helped me see what I couldn't see on my own and connected me with a community who support me in continuing that transformation."

**-Trish Carr, Women's Prosperity Network**

"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. I have, and will continue to, recommend this to everyone I know and work with."

**-Jennifer Grace, Hay House Author and Radio Show Host**



"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**

"If you want to make a major life shift, this workshop provides the tools."

**-David M., Computer Instructor, Atlanta**

*"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**

"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**

## Kids Power Kamp Testimonials

*"I know I am unique and I can make friends easily."*

**-Dustin age 12**

*"My 13 year old daughter said it was the first time in her life she felt comfortable being herself."*

**-Janie Lasik, Atlanta, Ga.**

*"I was able to talk to my mom for the first time and speak my truth. It was the first time I made her cry just by talking to her and telling her how much I appreciated her."*

**-Jared age 16**

*"Kids Power Camp changed a lot for me. It changed the way I view life. All my fears were overcome and I learned how to talk to people in a patient calm way. I learned that everything is for a purpose and that I was made for a purpose. Life is worth living and we all deserve the best friends ever. I felt I could be myself for the first time ever."*

**-Amanda age 13**

*"Kids Power taught me to trust and have confidence in myself."*

**-Johan, Malaysia**

*"This program has blown my expectations away. I have been able to make new friends and connection more. I feel more powerful and confident. I feel I've grown new skin and can reach my dreams, my future is bright. "*

**-Sabit, Malaysia**



## Speaking Testimonials

*"Burge has a way of reaching the audience in an engaging , authentic way that allows people to really explore their subconscious beliefs and leaves them feeling empowered and uplifted."*

**Michelle Patterson, California Women's Conference**

*"Burge created a safe environment for everyone to learn and trust and be vulnerable enough to make changes in our organization."*

**Leslie Clayton, Body Awareness Studio**

*"Burge is entertaining while touching on very serious messages and supports us in reaching a higher level of positive aspects of ourselves. Wow , just Wow. "*

**Paula Fellingham, Women Information Network & World Parliament on Spirituality**

Video Testimonial: <https://youtu.be/8hg8OXAAzSI>

**-Trish Carr, Women's Prosperity Network**

Video Testimonials: <https://youtu.be/M2qpF5RN-34>

**-From Toro Company**

Video Cameo: <https://youtu.be/uRQkw9bynBU>

**-Awakening Giants Streaming Episodes**



## Short Bio: Byline:



Burge Smith-Lyons is president and CEO of Essence of Being®, Inc. For more than 40 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 "BubbleTalk" — 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 bestselling author, motivational speaker and trainer, DISC Certified Instructor, relationship and communications expert. She is chairman 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 online and in person and has taught thousands of graduates from around the world. She has taught live transformational

workshops on 6 continents, launched the Conscious Leadership Academy in North America, Europe and Africa, and built a school from the ground up in Liberia where she teaches virtually two times a month for the children.

[EssenceOfBeing.com](http://EssenceOfBeing.com) [BurgeSmithLyons.com](http://BurgeSmithLyons.com) [TheConsciousLeadershipAcademy.com](http://TheConsciousLeadershipAcademy.com)





# BURGE SMITH LYONS



## FULL BIO:



Burge Smith-Lyons is president and CEO of Essence of Being®, Inc. For more than 42 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 "Bubble Talk" — 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.

Burge is a certified hypnotherapist, transformational coach, and ordained minister. She has taught live transformational workshops on 6 continents, launched the Conscious Leadership Academy in North America, Europe and Africa, and built a school from the ground up in Liberia where she teaches virtually two times a month for the children.

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 been a motivational speaker for hundreds of events worldwide. She has shared the stages with Lynn Rose, Marianne Williamson, Michael Gerber, Loral Langemeier, Kevin Harrington of Shark Tank, Robert Kiyosaki (Rich Dad, Poor Dad), Sharon Lechter (Think & Grow Rich for Women). She is a member of Women's Speakers Bureau, International Women's Leadership Association, Prosperity partner of Women's Prosperity Network, WeWorld, & e-Women Network and has a TV show with Women's Information Network. She is a thought leader with Awakening Giants, in 3 episodes streaming on PlexTV and YouTube. She is on the advisory board of The Women Network. She is an international bestselling author of "Conversations That Make a Difference: Shift Your Beliefs to Get What You Want." "Guides," "Snapshots from Positive Tribe," and the "Essence of Being Journal."

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 that contribute to physical, mental, and emotional challenges children in the area of communication & self-esteem. The foundation produces one-week residential "Kidz Power Kamps" for children ages 6-17 as well as 2-day trainings for kids & parents. She has brought interactive programs and self-esteem



workshops to the Atlanta City Schools, Prodigy Learning Centers, and Alternative High Schools in Asheville, N.C., Kuala Lumpur, Malaysia, in Africa Nelson Mandela Schools in Tanzania and the Conscious Leadership Academy School she built in Liberia, Africa.

Burge has developed “BubbleTalk” technology and created DVD's and CD's and podcasts to help people stay on their path of development. She also developed the Essence Series of personal growth courses: Essence of Being®, Essence of Abundance®, Essence of Relationships®, Essence of Sales & Essence of Communication, Essence of Leadership and Higher Vibes. These are 1 m- 3 day classes focused on experiential learning & shifting belief systems. She also developed a three-day graduate workshop called Passionate Manifestation and the five-day Advanced Graduate Workshop Mastery available to graduates of the Essence Series. She launched the Conscious Leadership Academy, a 52 week online course with 4 live workshops.

She has created the Essence Series of workshops, seminars, and programs and has taught thousands of graduates from around the world with hubs in Atlanta, GA, Miami, Ft. Lauderdale, Asheville, N.C., Boston and Rhode Island, Texas, Toronto, Canada, Kuala Lumpur, Malaysia, Delhi, India, Quito and Galapagos Islands, Ecuador, Abruzzo, Italy, London, England, Liberia and Tanzania, Africa for over 30 years.

[EssenceOfBeing.com](http://EssenceOfBeing.com) [BurgeSmithLyons.com](http://BurgeSmithLyons.com) [TheConsciousLeadershipAcademy.com](http://TheConsciousLeadershipAcademy.com)



# BURGE SMITH LYONS



## Books/Publications/Magazine Articles by Burge Smith-Lyons

### Books

- Essence of Being Journal
- Conversations That Make a Difference- Shift Your Beliefs to Get What You Want
- Guides Book, Common Sentence Series Sacred Stories Publishing
- Snapshots from Positive Tribes Book
- Strength to Live Book, Ignite White Glove Publishers (Contributor of Process )

### Publications/Articles

- Aquarius
- Authentic Lifestyles
- Conscious Living (Conscious Life Journal)
  - You Are Perfect in God's Eyes
  - Responsibility is Not A Bad Word
  - Integrity is the Essence of Success
  - 3 Steps to Manifesting More Money
  - Wherever You Go , There You Are
  - The Spiritual Level of Forgiveness

To access these articles: [www.myconsciouslifejournal.com/issues](http://www.myconsciouslifejournal.com/issues)

- Oracle 20-20
- Owl Magazine, Sacred Stories Spirit Level of Forgiveness
- Positive Tribes Magazine

To access these articles: <https://www.positivetribe.com/>

- Think Holistic
  - Tis the Season
  - Visioning Your Dreams
  - Can Your Kids Be Themselves at School
  - Enlightenment
  - You Make a Difference
  - Breathe Through Your Fear

### Publications/Articles Cont.

- Abundance
  - <https://essenceofbeing.com/prosperity-through-emotional-healing-how-to-have-love-and-money-at-the-same-time-podcast/>
  - <https://essenceofbeing.com/giving-your-way-to-prosperity-podcast/>
- Communication
  - <https://essenceofbeing.com/voice-essence-communication/>
  - <https://essenceofbeing.com/improve-communication-in-3-steps/>
- Leadership
  - <https://essenceofbeing.com/essential-leadership-traits-part-one/>
  - <https://essenceofbeing.com/essential-leadership-traits-part-two/>
- Relationships
  - <https://essenceofbeing.com/essence-relationships-part-1-stop-spinning-wheels-2/>
  - <https://essenceofbeing.com/essence-of-relationships-part-2-belief-systems/>
- Success
  - <https://essenceofbeing.com/this-is-the-essence-of-success/>
  - <https://essenceofbeing.com/transform-every-failure-to-success/>



## Burge Smith-Lyons's Media Coverage

- **Awakening Giants Streaming TV series on PlexTV**
- **Ecuador /Galapagos - Thought Leader Inspire Talks**
  - Inspirational Talk: <https://youtu.be/p7V8KrMk6aQ>
  - Cameo: <https://youtu.be/uRQkw9bynBU>
- **Back Forty Facebook Live Interviews**
  - <https://www.dropbox.com/s/f02x7gm6l7tp3xv/Back%20Forty%20Interview.mp4?dl=0>
- **Being the Authentic You**
- **Be Have Do Summit**
  - <https://www.dropbox.com/s/s0ews1q7rfx14xg/Be%20Do%20Burge%20Smith%20Lyons.mp4?dl=0>
- **Blog Talk Radio**
- **Business News Network: Meet the Elite Podcast & Radio, New York**
  - Abundance, Relationships, Communication, Success, Leadership
  - Link to Audios: <https://www.dropbox.com/sh/bxdqsj1vci1rhnb/AAAavNGZ65dP6OH0mEQrMrXla?dl=0>
- **Celebrate You Summit online**
- **Chai Chat Miracle Manifestation Mondays**
- **Change Maker Series Leadership**
- **Change Your Thinking, Change Your Life with Kate Crow**
  - <https://www.dropbox.com/s/a3gz90qmyjnplk0/Summit%20Change%20Your%20Thinking%20Change%20Your%20Life.mp4?dl=0>
- **Cheryl Resnick Show - Chering My Smile**
- **Connecting to Your Intuition Series – Di Channelor**
- **Dynamic Growth with Gratitude**
  - <https://www.dropbox.com/s/ouadl6fyaw2thnj/Dynamic%20Growth%20interview%20March%2030%202017.mp3?dl=0>
- **EliteWire Podcast - Prosperity Through Emotional Healing**
  - <http://www.anniejenningspr.com/elitewire/health/prosper-through-emotional-healing/>
- **The Essence of Your Being**
  - Global Institute for Travel Entrepreneurs
- **Empowerment Radio**
- **Fabulous Fifties Summit**
- **Fearless Mind Summit**
  - Video of interview - <https://www.dropbox.com/s/pq66iydpah1343r/Burge%20Smith-Lyons%20Video.mp4?dl=0>
  - Audio of interview - <https://www.dropbox.com/s/9vj2gug9u6jzqfa/Burge%20Smith-Lyons%20Audio.mp3?dl=0>
- **Find Your True Passion Summit**
- **Flow of Money Summit , Lorna Sherland**
- **Getting Unstuck**
- **Global Spiritual Network**
- **Goddess Heart Network**
- **GoSolo.com Catherine Domingo**
- **Hay House Radio - Directing Your Destiny with Jennifer Grace**
  - <https://www.dropbox.com/s/intmr5e04k85uq0/HayHouseRadio-JenniferGrace.wav?dl=0>
- **How to Manifest**
- **Iconic Leaders Rise Summit with Anahita Joon & Aaron Glassman**
- **Inner Connection Summit with One True Self**
- **Inner Speak Soul Adventures**
- **Jennifer Grace Show**
  - <https://www.dropbox.com/s/6ayz1mm9w02vg92/Jennifer%20Grace%20Show%203.24.15.wav?dl=0>
- **Kevin Ross Unity FM Designing Life**
- **Leaders Uniting For Global Good Podcast**
- **Life After Death**
- **Life Beyond Trauma**
- **Melody Brooke**



# BURGE SMITH LYONS



- **Masters of Happiness Conference**
  - <https://www.dropbox.com/s/jvaufu7uhmdof51/Burge%20Smith%20Lyons%20-%20Masters%20of%20Happiness%20Interview.mp4?dl=0>
- **Mirror Your Magnificence**
- **Ms. Claus podcasts 90 countries from Australia**
- **NBC - Today in Georgia**
- **Power of Inner Connection Summit**
- **Power of Women Leadership Conference**
  - <https://www.dropbox.com/s/jvaufu7uhmdof51/Burge%20Smith%20Lyons%20-%20Masters%20of%20Happiness%20Interview.mp4?dl=0>
- **Purpose & Profit Summit Janette Anderson**
- **Rick Figley**
- **Soulful Living**
- **Spirit Talk Miami**
- **Spiritual Love Summit, Spiritual Awakening**
  - <https://www.dropbox.com/s/03gn2kwiajtsG7i/Spiritual%20Love%20Summit-%20Burge.mp4?dl=0>
- **Umbrella Syndicate**
  - [https://www.facebook.com/pg/TheUmbrellaSyndicate/photos/?tab=album&album\\_id=1295014530552191](https://www.facebook.com/pg/TheUmbrellaSyndicate/photos/?tab=album&album_id=1295014530552191)
- **Unity.fm US**
- **Universal Energy Radio**
- **Voice America 7th Wave Network**
- **Voice America Radio - Amplified Program**
  - <https://www.voiceamerica.com/episode/97665/amplified>
  - <https://www.dropbox.com/s/yz3sq44kvapfmy/Amplified%20Interview%20Feb%2028%202017.mp3?dl=0>
- **WIN ETV Host for The Women's Information Network**
- **Women In Business World Summit**
- **Women's Prosperity Network**
  - Prosperity & Emotional Healing
  - WOW Wednesday
- **WPN Talk**
  - <https://www.dropbox.com/s/sur2y5bxamix1t9/WPN%202016%20talk%20.mp4?dl=0>
- **Zen Cruise**
  - "BubbleTalk" for Money
  - Essence of Being®
- **Zing Network**
  - Pamela Davis Investigates
  - How to Manifest Your Desires



## Selected Speaking Engagements

- 1 Billion Rising Network - Atlanta
- 30 Voices Women Network Project – Big Bear California
- Awakening Giants, Inspire Talks – Ecuador/Galapagos
- Bank of America - Atlanta
- Body Awareness Studios - Atlanta
- BrandBuilders Challenge & Master Class - Online
- Business, Bliss and Balance Summit
- California Women's Conference - Long Beach California
- Celebrate You Conference - Peachtree City GA & Atlanta
- Digital Footprint - Atlanta
- Emergent Soul Conference - Chicago
- Engel and Volkners Real Estate Conference - Atlanta
- Enlightened Business Network – Atlanta & New York
- Global Institute for Travel Entrepreneurs - Orlando
- Global Visioning Conference Ft Lauderdale
- How to Build a Brand with BrandBuilders - London & Atlanta
- Illumination , Women's Prosperity Network - Orlando
- Inner Speak Soul Adventures Conference - Atlanta
- Joyous Heart Network, Sexual Trauma - Atlanta
- MidLife Corporate Dreamers
- Money and You - Tulum, Mexico
- Power of Women's Leadership Conference, Telling Your Truth with Compassion
- RippleFest with BrandBuilders - Online Summit
- The One For 911 Memorial Event - Washington D.C.
- Toro Inc. Leadership Group, Wisconsin
- Transform Your Life Summit, Andree Martin Prosperity Through Emotional Healing
- Unity North Church
- Unity Atlanta Church
- We World (Women Entrepreneurs)
- Women In Business World Summit
- Women Leaders Who Rock Summit
- Women Network Project
- Women's Prosperity Network - UnConference 2013, 2014, 2016, 2017, 2018, 2019, 2020 - Orlando
- WPN - LevelUp - Tallahassee 2016, 2017, 2018





- World Parliament on Spirituality Conference - Utah

## Suggested Interview Questions

- What is "BubbleTalk"?
- How can "BubbleTalk" harm your marriage? Your business? Your self-esteem?
- How do you identify your "BubbleTalk" about money, relationships and well-being, and how do you overcome it?
- How do you help people recognize it and then change it?
- What is Super Learning and how exactly does it utilize left and right brain?
- What are the benefits of Super Learning?
- How do you use Super Learning techniques in your programs?
- What is the Healing Forest Foundation and what does the name mean?
- How do the foundation and the summer camp & weekend programs you offer help children coping with mental, physical and emotional challenges?
- Why do the parents come to the camp/classes?
- How many kids attend? How are kids identified for scholarships?
- What defines high-conflict divorce? How does the association help families going through divorce?
- How does your volunteer work with these groups relate to what you do with Essence of Being®
- Essence of Being® offers entry-level courses in abundance, relationships, health, sales and communication as well as graduate workshops. How do you use experiential learning, games and other Super Learning methods to help people shift their beliefs in all these areas?
- You speak of "going below the line" when you talk about responsibility. What do you mean?
- What are the core bubbles you speak of in "BubbleTalk"?
- How does law of attraction and law of appreciation relate to "BubbleTalk"?
- What is the Conscious Leadership Academy?

Download Burge Smith-Lyons's [Speaker One Sheet](#)



## News & Story Ideas

### “BubbleTalk”

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

### Business “BubbleTalk”

Speaking from experiences teaching her Essence of Abundance, Essence of Courageous Leadership – Essence of Communication, Burge tells how inner talk of employers and employees effects the workplace and the bottom lines of companies.

### Relationship “BubbleTalk”

Burge discusses how overcoming limiting and negative self-talk can help strengthen and renew relationships, including your relationship with yourself.

### Super Learning

Burge explains these techniques, developed by Bulgarian psychiatrist Georgi Lozanov, giving examples of exercises that stimulate both left and right brain to allow faster learning that is more complete.

### Post-Traumatic Stress Disorder

Burge discusses how her company, Essence of Being®, Inc., 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 reintegrate into society.

### Healing Troubled Kids

As chairman and founder of The Healing Forest Foundation, Inc., Burge tells how the non-profit group helps children cope with physical, mental, and emotional challenges.

### Overcoming Divorce

Burge serves 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.

### Rags-to-Riches

Burge discusses her personal experience of being a divorced, single mom, bankrupt and how she overcame setbacks to become a millionaire businesswoman who has been happily married more than 26 years.





# BURGE SMITH LYONS



## Entrepreneurial Success

Her businesses include Essence of Being®, Inc., which consults, produces, and facilitates corporate trainings for team building, leadership & communication; and Fresh Start Capital, Inc., a real estate investing and management firm. She has also consulted for large corporations such as Georgia-Pacific, Target Stores, Toro Co., Xcellenet, Medical Doctor's Association and Thomas Publishing in customer service, sales, human resources, leadership, team building, and communication. Burge tells what has made her businesses successful.