

Menu of Services offered by the F.I.N.E. to FAB founder, Lisa Lieberman-Wang

Lisa is the Co-Creator of NAP (Neuro Associative Programming) and a Licensed Master NLP Practitioner & Trainer, **she shares her powerful story of overcoming depression, anxiety, emotional and sexual abuse that turned into an eating disorder and suicidal tendencies in her late teens through college to now living an authentic life, happy, healthy & free for the past 23 years with the tools and resources that made it possible!** She is a Trusted Health and Wellness Advocate and Emotional Breakthrough & Relationship Expert sought after by TV, Media, Universities and Institutions. Teaching individuals to F.L.Y., First Love Yourself!

As Seen On:



To help us address your most immediate needs, please indicate which you would like to pick for your campus in the far left hand box by assigning a number 1-3, representing priority and how many topics you would be interested in having presented at your school. When complete, please email this form back to events@FINetoFAB.com so we can prepare a customized proposal and estimate for you.

Pick Your Topic	Topic/Focus	Audience	Description	Fees
	<p>Overcoming Self-Sabotage "7 Secrets to FAB" Workshop - How to go from feeling F.I.N.E. (F'd Up, Insecure, Neurotic & Emotional) to being FAB (Fabulous, Awesome, Beautiful)!</p>	<p>College students, staff, faculty, community & parents</p>	<p>As Lisa's most popular seminar, 7 Secrets of FAB is time-tested to teach you practical strategies to stop depression, stress, anxiety and self-sabotage tendencies that lead to compulsively overeating, starving, promiscuity and suicidal thoughts in a simple, step-by-step approach.</p> <p>You will learn how to:</p> <ul style="list-style-type: none"> • Practical strategies and tools for identifying what you really want and need to be happy • Ways to feel empowered right now without blame, shame, or years of therapy • Control over your life, so you are empowered to stop self-sabotage • Achieve a happier, more productive life right away, • Balance personal needs with life at school, home/dorm, in your relationships • Stop subconsciously holding yourself back • Recognize the choices in your life and the true power you have over them 	<ul style="list-style-type: none"> • \$3,500 one presentation • \$5,500 any two presentations in 4-hour window. • \$7,500 any three presentations in a 6-hour window.

			<ul style="list-style-type: none"> • Discover why you <i>are</i> enough, no matter where you are at in your life in this moment. (Time: 2 hours) 	
	<p>Learn to F.L.Y. (First, Love Yourself)</p>	College students, staff, faculty & community	<p>Nurture your relationship with yourself. Stop looking for approval outside of you. What “YOU” believe is most important. Stop depression, stress, anxiety, compulsively overeating, bingeing or other forms of self-sabotage that get in your way of being happy.</p> <p>You will learn:</p> <ul style="list-style-type: none"> • How to filter all forms of media, TV, magazines, social, peer pressure, competition and comparing yourself. • What really matters • How to turn your frowns upside down • You are not the only one disliking yourself, but you can be the one that changes it • What you dislike it based on someone else’s beliefs not yours • The importance of reaching out for help when you need it, especially before your mental health suffers • Highlighting the resources that college campuses provide, she provides a lifeline to those who may be struggling with stress, anxiety, depression, or negative emotions and dis-ease with ones’ self (Time: 2 hours) 	<ul style="list-style-type: none"> • \$3,500 one presentation • \$5,500 any two presentations in 4-hour window. • \$7,500 any three presentations in a 6-hour window.
	<p>Stop “Shoulding” All Over Yourself</p>	College students, staff, faculty & community	<p>Uncover Unconscious Patterns of Behavior & Set Yourself Free to Succeed. Overcome fear, depression, anxiety, stress, self-sabotage, procrastination, “stinkin thinkin”, thinking you’re not enough, pretty enough, smart enough or any other not enough.</p> <p>You will learn how to:</p> <ul style="list-style-type: none"> • How to find your true super powers. • Walk away with new skills and resources to deal with even the most challenging situations. • Learn how to manage your time and emotions. • Anchors and resources to deal with the most challenging situations. • How to ask for help. (Time: 90 min) 	<ul style="list-style-type: none"> • \$3,500 one presentation • \$5,500 any two presentations in 4-hour window. • \$7,500 any three presentations in a 6-hour window.

ADD ON's to your speaker package is available:

	<p>Helping yourself and others go from feeling F.I.N.E. to being FAB in an open environment.</p>	<p>Staff & Faculty</p>	<p>Invite your faculty and staff to bring their questions for Lisa to answer in this intimate Q & A Session for improving how the campus supports depression, disordered eating, self-sabotage, suicide prevention and bystander intervention. (Time: 75 min)</p>	<ul style="list-style-type: none"> • \$3,500 one presentation • \$5,500 any two presentations in 4-hour window. • \$7,500 any three presentations in a 6-hour window.
	<p>“Get Your Questions Answered” – Continue the conversation with Lisa Lieberman-Wang”</p>	<p>College students, staff, faculty & community</p>	<p>After you’ve experienced one of the main presentations Lisa Lieberman-Wang offers through the FINE to FAB Program (such as the “7 Secrets to FAB” program), have Lisa answer questions from attendees who still want MORE insights. Attendees are given index cards to submit questions for Lisa. She will do her best to respond to as many as possible. (Time: 45 minutes)</p>	<ul style="list-style-type: none"> • \$3,500 one presentation • \$5,500 any two presentations in 4-hour window. • \$7,500 any three presentations in a 6-hour window.
	<p>Want More?</p>	<p>You Choose</p>	<p>Do you have additional ideas for topics you would like Lisa Lieberman-Wang to address? Ask for additional programming with the issues you want Lisa to discuss, we will be happy to explore the possibilities.</p>	<ul style="list-style-type: none"> • \$3,500 one presentation • \$5,500 any two presentations in 4-hour window. • \$7,500 any three presentations in a 6-hour window.
	<p>HALF-DAY or FULL-DAY CONSULTING</p>	<p>Administration, Leaders, Educators, Staff and Community</p>	<p>Bring Lisa to your campus or do a half-day SKYPE session with your leadership team to have Lisa brainstorm and share experienced insight for helping create long-term change across your campus community. Begin to build a 5 to 10-year plan for long-term cultural change.</p>	<ul style="list-style-type: none"> • \$3,500 one presentation • \$5,500 any two presentations in 4-hour window. • \$7,500 any three presentations in a 6-hour window.

YOU CHOOSE:

You can choose one and it is only \$3,500, up to 2 speaking presentations over a 4-hour window of time \$5,500 or up to 3 speaking presentations in a 6-hour window of time \$7,500. Consulting Fees are typically \$7,500 for up to 4 hours and \$10,000 for up to 6 hours.

**The above listed fees are based on the location being in the Continental USA. If you are located outside the Continental USA, the fee will be adjusted.

MULTIPLE DAYS: If you want to have Lisa speak for multiple days, you receive an additional 10% off the speaking fees.