

SHAUNA HOFFMAN

Author, Speaker, Podcaster,
Relationship Specialist, Business Coach.



*This is a great moment in your life.
A moment where you have decided
to stop taking care of everyone else
and start to take care of you! Stick
with me through these chapters and
you will take the best ride of your life.*

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SHAUNA HOFFMAN, MA, MFT, CMC is an Author, Podcaster, Relationship Specialist, Marriage, Family Therapist, Speaker and Coach currently in private practice in Santa Clarita, CA. Shauna specializes in helping people navigate the wonderful journey to self-awareness. Whether on her podcast, in her office, or speaking at a corporate seminar Shauna guides listeners to solve their issues by investigating the way they feel, think and communicate. All with the hopes of leading them to the healthiest relationships in their lives! Her acclaimed website, www.workingonme.com welcomes anyone who is on their personal search for happiness. In addition to having a Masters Degree in Marriage Family Therapy, she holds a BA in Theater and a Corporate Coaching Certificate. Shauna began doing Seminars for Corporations combining her performance and speaking skills with her therapy experience. Her fun, creative upbeat seminars and Private Coaching are geared towards inspiring the Clients in self confidence, becoming aware of body language, learning tools to

separate personal issues from the work place, strong communication skills and true self awareness. She has worked as a Speaker for a varied clientele from Royal Caribbean Cruise Lines, to Wolfgang Pucks Catering. Shauna is a member of the prestigious International Coaching Council and a founding partner in Vowmedia.com. Shauna also owned Miracle One Productions a company that produced videos on Marianne Williamson, the best selling author of "A Return To Love and A Woman's Worth".

Corporate Seminars

STRESS MANAGEMENT! HOW TO TAKE BACK YOUR LIFE!

This seminar starts with understanding what stress is, where it comes from, and how it is affecting different aspects of your career, your goals, your body and your life. Stress is the inability to control a situation. Or more likely your belief that you can't control a situation. It triggers your body's fight or flight syndrome. It can manifest in negative thoughts about your ability to do your job. It can cause physical ailments like headaches, neck aches, panic attacks and ulcers. It can trigger unhealthy and often addictive ways to manage your feelings of being out of control. It can be the thing that stops the trajectory of your career. In this interactive seminar you will go away with tools and insight to identify key stressors and then learn how to manage them both physically and mentally. With new self awareness you will take back your life.

*This seminar can be one hour, two hour, or an all day event.

THE ART OF TIME MANAGEMENT

The highest achievers have learned the art of time management. They have learned to schedule and organize their time. They have learned how to block out distractions. They have learned how to work smarter and work faster. When you master time management you feel the joy of accomplishments instead of the distress of falling behind. In this seminar you will learn a method to prioritize your action list. You will learn how to properly schedule each job. You will learn how to say no and not extend yourself more than your time permits. You will identify the lifestyle changes that you need in order to stay on track. By the end of this seminar you will have learned how to maximize the effectiveness of all of your efforts.

*This seminar can be one hour, two hour, or an all day event. Or it can be combined with the Stress Management Seminar

BALANCING YOUR WORK LIFE, FAMILY LIFE AND FUN

In order to stay healthy emotionally, psychologically and physically we need to learn how to honor all sides of our life. Work Life balance is the ability to balance the relationship between your job and all of the other important things in your life. For some it is family. For others it is exercise or travel or cooking or art! When our lives are all consumed by our work we find that we are getting tired of the work we once loved. Or, we are physically exhausted. And for some depression sets in. There are so many sides of what makes us happy in life. This seminar is created to help you find all of your passions and honor them. And still not lose your job! The truth is that when you are balanced in life you are more productive at work. You excel in your job! The stress of home-life becomes less. You find that you have a social life again. We are humans having a human experience. In this seminar you learn to find all sides of yourself that make you happy once again.

Speaker Training

FINDING YOUR VOICE AND SHARING YOUR MESSAGE!

Whether you are talking to 2 people or 400 people finding clarity and intention in your message is what helps you bring authenticity, professionalism and heart to your presentation. When you engage your audience with passion for your topic your success is eminent. But finding your voice and narrowing down your message is often what holds people back from pursuing the dream of becoming a professional speaker. This seminar helps you think outside the box to find what moves you, what touches your passions, your knowledge, your business acumen, or even your life questions and helps you claim the choice to share it with the world. It is a deep dive into who you are, what you want to say, but most importantly why.

INTRO TO CORPORATE SPEAKING

There is an art to being a confident and competent public speaker. Knowing your product is part of your success, but knowing how to be authentic and engage your audience is the magic of a successful corporate event. In this introductory seminar we touch on the basics of what you need to perfect to be a successful corporate speaker. It is an intro to all of the who, what, when, where, and why of speaking. What is your message? Who is your audience? What is your style of speaking? What is the goal of the presentation? Your success depends on mastering your voice, your body, your stage presence, your tech presentation skills. and most importantly your story. The goal of this Intro To Corporate Speaking Seminar is to help you assess what you are great at and what you need to learn in order to be the most successful speaker you can be. We will touch on such topics as vocal training, body language, stage movement, story telling, flow, humor and most importantly passion. You may have mastered one part of corporate speaking and soon realize that you are not at the height of your craft. By then end of this seminar you will have a path to success.

SPEAKING WITH CONFIDENCE

Comfortable. Confident. Memorable. When you show up in front of an audience with confidence you are on the road to a successful presentation. In this intensive seminar we will look at your fears and build your confidence by helping you understand what confidence on the stage entails. A confident speaker is well-prepared for their presentation. They have thoroughly researched their topic, practiced their delivery, and are familiar with their audience. Confident speakers have a deep understanding of their subject matter. They are able to convey complex ideas in a clear and concise manner. Confident speakers maintain eye contact with their audience. This helps to establish a connection and build rapport. Confident speakers use positive body language; good posture, appropriate gestures, and a relaxed demeanor. This conveys a sense of confidence and most importantly credibility. A confident speaker is true to themselves and their message. They do not try to be someone they are not, and they speak from the heart. Confident speakers are able to adapt to unexpected changes or challenges during their presentation. They are flexible and can think on their feet. Confident speakers are able to engage and connect with their audience. They understand their audience's needs and interests and are able to tailor their presentation accordingly. By the end of this seminar you will have the confidence to speak to any size audience and share your message.

Speaker Training

THE ART OF STAGE PRESENCE

Stage presence refers to the way a performer or speaker carries themselves on stage, and how they project themselves to their audience. It is the ability to engage and captivate an audience with charisma, confidence, and authenticity. A person with strong stage presence has a certain "it" factor that draws in the audience and holds their attention. Stage presence encompasses a range of factors, including body language, vocal delivery, and emotional expression. A person with strong stage presence commands the stage with a powerful presence, exuding confidence and energy. They use their body language to convey their message and connect with their audience, making eye contact, gesturing effectively, and using the space on stage to their advantage. But the true art of stage presence is in the way the speaker weaves their energy, humor, timing and even pauses to keep an audience engaged throughout the presentation.

SPEAKERS SPEAK WORKSHOP

Vocal delivery is a key to public speaking. A person with strong stage presence speaks with clarity, projection, and expression. In this interactive workshop your vocal delivery and technique will be evaluated for strength, tone, pace, emotion and volume to best create an impact. You will be given vocal tips and exercises from warm ups to ways to change your vocal quality to best suit your message. We will evaluate your breath control and articulation, then give you the tools to hone your vocal qualities to suit your presentation and leave your audience with a lasting impression of your message.

CREATING YOUR SCRIPT AND TELLING YOUR STORY

You know your topic. You know your audience. Now it's time to create your script and build your presentation. In this workshop/seminar we will delve into story telling for the stage. Whether you are selling a product or trying to change the world, your script must have a beginning, middle and an end. We will help narrow down your goal for your listeners. What is the takeaway you want at the end? Is it to buy your product? Is it to share a truth that will make a difference in their life? You will learn how to weave your personality and life experience into your message yet not lose focus of your goal. You will identify the key points you want to make and the order you want to present them in. We will create a strong open that will grasp their attention and a strong close that will wrap up your message and leave your audience wanting more.



Recommendations

Shauna Hoffman is unequivocally one of the most riveting and enlightening women I have ever known. She creates amazing inspiration when she speaks. It comes from her mind, heart and wonderful soul. Shauna Hoffman has an uncanny ability to move people and touch them. She radiates great life and spirit through speaking and self expression. Shauna's knowledge is vast and her commitment to communicate her message is memorable and everlasting. I am a very strong advocate for women to attend her seminars. **Joey Paul Jensen CSA, Award Winning Casting Director, Producer, Coach and Show Business Mentor- Producer Soul Surfer**

I have hired Shauna Hoffman throughout the years as a coach, to assist my Teams with her impeccable insight and wisdom. Shauna is an amazing speaker, coach and absolutely brilliant forward thinker. I recommend Shauna to everyone who wants to empower their employees, improve team spirit and effectively balance work and life"- **Massimo Noja De Marco- Wolfgang Pucks, Inc, Ceo and Co-Founder of Piestro**

Great Presentation! Thanks Shauna for enlightening our agents at our annual National Conference. It's great when a speaker resonates with the audience and leaves them with a true understanding of their creative spirit. Sharing your knowledge with our agents along with giving them a true plan of action will allow them to attack this market. I'm sure that the results will be nothing short of outstanding! **Michelle Fee CEO/Co- Founder Cruise Planners American Express**

It is my pleasure to recommend Shauna Hoffman as a Speaker and Trainer. Royal Caribbean has partnered with Shauna for over twelve years and during this time she has spoken and trained at our offices in Miami, FL and Springfield, OR. Shauna has also hosted many successful Seminars at Sea onboard our ships. Her enthusiasm, creativity and knowledge of the cruise industry make her a dynamic speaker and she provides our employees with energizing presentations and valuable information within the cruise industry. Shauna's high-level skills as a speaker and presenter make her a great asset to any company. **Vicki L. Freed, CTC, Senior Vice President Royal Caribbean Cruise Lines**

Recommendations

Shauna Hoffman is an amazing Speaker, Trainer and Coach! She presented a workshop discussing the beginning steps to the exciting adventure of self awareness. Our members loved it and the feedback was phenomenal. As the General Manager of a business dedicated to women it is important that our members understand the journey they are on and how to make the changes necessary to get where they want to go. Shauna is an excellent communicator and is able to get the message across in a non-intimidating way. She makes you realize the power and potential that lies within you! We are looking forward to having Shauna continue these seminars on a quarterly basis for our company! **Lisa Polanski, General Manager, Total Woman Gym and Spa.**

It is my honor to recommend Shauna Hoffman as a motivational speaker, life coach and just an amazing woman. She has the ability to inspire women to become a better version of themselves. She helped my team by giving them the steps to see things in a different way. To help open their eyes and minds to thinking different. It was fun and my team just fell in love with her. I can't wait to bring her back. My team is still talking about what a great event it was. Thanks Shauna, your truly amazing. **Gayle Northington, beachmoneybiz.com**

What the Guests say about Shauna's Seminars

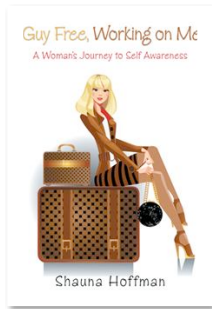
I was lucky enough to hear Shauna speak at her Wine and Whinefest. She had us all laughing and crying at the same time. The way she helped each guest move past their fears and find ways to change was heartwarming. I don't think I will be the same after this day. Thank you Shauna for opening my eyes to a new way to look at my life. **Theresa M**

Wow! What a fun seminar/workshop! Can't believe how much I didn't know about myself! It is amazing what a two hour worksop with Shauna did to enlighten me on ways to look within. And more importantly, why I need to. I can't wait to do the work on my very own journey to self! **Wendy E**

I went to Shauna's workshop not knowing what to expect. After all, it was a very personal workshop for a Corporate event. But something about Shauna's delivery gave me the freedom to forget I was with my peers just long enough to look at myself. I cannot tell you how a two hour workshop changed my life. But it did. I am grateful our company had the foresight to bring in someone that encouraged us to be our genuine selves. **Jana K**

I am writing this to thank you for the seminar that my 15 year old daughter and I attended. Just like every teen she was hesitant and resistant to go. LOL! Well, that went away in no time! You have a way of relating to teens that broke through the Teen-Adult barrier like a bulldozer! My daughter is still quoting you and sharing the things she learned about herself... to me! She is talking to me! That was worth the price of admission. Can't wait for the next seminar! Thank you!!! **Melinda B**

Thank you Shauna, for your Guy Free, Working On Me Seminar. Being newly divorced I wondered if I would ever be happy again. Your seminar and book made me realize that I am the only one who can make myself happy and keep myself happy. I have learned that I want to share my life with someone after I have learned about myself first. I am reading the book, doing the work and I am here to tell you I made it through last night without crying! I am healing. I am Guy Free, Working On Me! **Patti L**



Websites, Podcasts, Books

Guy Free Working On Me, *A Woman's Journey to Self Awareness.*

Self Help Published Book- Balboa Press 2013, Balboa Press Best Seller

Welcome. This is a great moment in your life. A moment where you have decided to stop taking care of everyone else and start to take care of you! Stick with me through these chapters and you will take the best ride of your life. One where you are driving...you are in control. Guy Free Working On Me is not meant to be a permanent lifestyle. It is meant to be a time in your life where you stop basing your worth, your happiness, and your self esteem on having a man at your side. This is going to be an all out re-deciding of who you are, who you want to be and what you feel inside.

A Journey to Awareness Podcast With Shauna Hoffman

This podcast is featured on the top Podcast platforms from the US to India. IHeart Radio! Spotify! Apple Podcasts! Google! Stitcher! Gaiam! ARE YOU READY FOR AN INCREDIBLE JOURNEY? A voyage to the uncharted places within you! Travel this podcast and you will find yourself on a journey of self awareness. Here you will be guided to ways to heal your wounds, look at your life choices, release your fears and take control of your future. The time is now for self-awareness, self love, SELF!

<https://www.iheart.com/podcast/269-a-journey-to-awareness-wit-76170623/>

WORKINGONME.COM WEBSITE

Are you ready for an incredible journey? A voyage to the uncharted places within you! Travel this site and you will find yourself on a journey of self awareness. Here you will be guided to ways to heal your wounds, look at your life choices, release your fears and take control of your future. The time is now for self love, self awareness, self! Join the Me Club and read Shauna's most recent blogs on life, happiness, self awareness, relationships and more. <http://workingonme.com>

Huffington Post Blogs

Shauna Hoffman is a featured blogger in the Huffington Post. Her articles can be found in this link.

<http://www.huffingtonpost.com/shauna-hoffman/>

[“The Two Hour Thief”](#)

[“Divorce for the Sake of the Kids”](#)

[“Love So Deeply, Hurt Too Much”](#)

[“I Want to Swear Like a Sailor”](#)

[“The 7 Must Do’s to Not Valentines Day Massacre Yourself”](#)

[“The Four Very Best Albums To Do Your Taxes By”](#)

[“Not My Grandmother’s Christmas”](#)

[“How I went to Cuba and Almost Missed It”](#)

Speaking Engagements

TO BOOK MS. HOFFMAN

Call- (661) 904-5624

Email-shauna@shaunahoffman.com

TRAVEL REQUIREMENTS

Hotel-Please secure a smoke-free room with a queen/king sized bed and guaranteed late arrival night prior to the event.

Transportation and Meals-Expenses will include airfare, meals (3 x a day), gratuities and ground transportation to and from the airport in both departure and arrival cities.

AV REQUIREMENTS

For large groups, Shauna requires a microphone. Wireless is preferable, but any type of microphone will work. When possible, Shauna walks through the audience so she likes to be free to leave the stage or front of the room with a wireless microphone. In this way, she can have a physical presence with the back of the room. It is beneficial if you have a back-up microphone or second microphone to pass around to the audience when there is a question and answer period, or just in case something is wrong with the main microphone. Please have extra batteries if you have a wireless microphone system. We suggest you have someone available for a sound check and throughout the presentation. For smaller settings, a microphone may not be required.

- Shauna uses Apple Keynote and other multi-media for her presentations. This enhances each program when you have a room available capable of multi-media presentations because she displays images, words and streaming video. This requires an LCD Projector and cable to connect to her Macintosh laptop. She carries a converter for her model of laptop; Shauna needs the standard cable hookup to a Mac. The images will be shown at a resolution of 1024x768 and the projector should be able to show 500 lumens or more. If you have questions about this, please contact the office. Also, please provide the appropriate stand or table for her laptop and other materials complete with a power supply. A large screen allows the maximum benefit for every audience. If you prefer the presentation to be controlled from backstage, she carries a wireless mouse and can access her computer remotely. She would need a monitor to see what is being projected on the screen.