



# Lou Dozier

## MOTIVATIONAL SPEAKER AND TRAINER

*"Lou Dozier has been one of my greatest mentors. Her message is relevant, impactful and easy to assimilate so participants walk away feeling inspired and capable of creating what they want. Lou is thought-provoking, charismatic, high-energy, engaging, sometimes challenging but always empowering!"*

-- Ruth Hensley, The Life Design Coach

**Audiences intently listen when Lou Dozier speaks.** She quickly connects with her audiences, holding them full of possibilities. Her relentless approach to communication and speaking also incorporates heart and soul, so individuals learn and experience all they can to make the changes they want. Lou believes that when human beings become aware of the attitudes, assumptions, and beliefs that drive their choices, they are open to the possibilities they didn't previously feel they had. Lou has a powerful commitment to be with people in a challenging way, to assist them in realizing that they matter and that they can achieve their goals and have the life they want.

### AS A RESULT OF HEARING LOU SPEAK, PARTICIPANTS

- Are challenged to look deep into what's holding them back
- Are able to see they can move beyond everyday limitations
- Learn fresh tools to transform their lives
- Understand the power of choice
- Have renewed awareness that they can take charge of their life



Lou Dozier has more than 25 years of experience as a facilitator and presenter, working with individuals, groups and companies internationally. She is a sought-after speaker for conferences as well, including the Nationwide Insurance Conference, Ware On Earth Leadership, Community Association Institute of Nevada and the Dallas-Fort Worth School Psychologist Conference. Prior to co-founding *Source Point Training* with Barbara Fagan, in late 2009, Lou worked with *Resource Realizations* for more than 13 years. There she facilitated personal growth seminars, and also led *The Resource Academy's* Certified Relationship Coach and the Facilitator Certification Training programs. Lou has a BA in Social Work, MA in Counseling Psychology and is a Licensed Marriage and Family Therapist (LMFT) in California. She is a member of the California Association of Marriage and Family Therapists, (CAMFT) and is a Diplomat of the American Psychotherapist Association, (APA).

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Lou is available for corporate keynotes, association and organizational conferences and events. She enjoys speaking to individuals that want to improve their leadership, coaching or facilitation skills.

### PRESENTATIONS

## STOP! Playing The Blame Game

*It's time to stop pointing the finger at you, others, and the economy! It's time to claim your power in creating the life you want. Our culture accepts victim-thinking, as if we are powerless over our lives. And now it's time to change that way of living.*

*This provocative presentation will look at approaching life from the perspective of accountability and responsibility. You will leave challenging your attitudes, assumptions and beliefs about why you do the things you do. You will learn five simple steps to creating a new and powerful perspective, embracing all of your results. (20 minutes to one hour)*

## Be in the Driver's Seat of Your Life: Live the Life You Love

- Are you ready for something different in your life?
- Does it feel like you're a passenger with an out-of-control driver?
- Do you want more in your life?

*In this lively and inspirational presentation, you'll get a chance to learn about the barriers that prevent you from getting what you want in life. You'll hear how circumstances often steer life, instead of intention and choice holding the key. You might even see the humor in how easily you listen to those "back seat drivers" telling you where to go and what to do. In this rejuvenating ride, you'll leave empowered to get back in the driver's seat and take charge of your life with both hands on the wheel! (20 minutes to one hour)*