



Lorraine M. Biggs

Speaker Freedom Programme

Hi, I'm Lorraine Biggs and I work with business women who have a life's purpose in mind and want to make a difference in the world.

They want to get out there to speak about their life's purpose that they are passionate about. And even though they may seem like they've got it together on the outside, on the inside they feel anxious and shy. Sometimes they even wake up feeling terrified some mornings.

I work with these women to help them explore their inner world, to help them find their inner peace. Subtle shifts happen that allows them to feel lighter, brighter and free to be themselves, to be able to talk to whomever they please when they please, easily and effortlessly. Fulfilling their life's purpose and living the life they love.

Below, I have two free offers to allow you to get to know me better



FREE Gift: "10 Minutes to a More Empowered Speaker"

When you listen to this More Empowered Speaker Visualization Process (MP3 audio), it helps you get in touch and rediscover your empowered speaker self!

You can use this simple technique any time, at a moment's notice - Empowerment at your fingertips!

Click here to access your free recording:

<https://www.lorrainembiggs.co.uk/empowered-speaker>

... however, if you find that it doesn't quite work as well as you would like and/or you would like a more empowered feeling on a permanent basis, join me for your Free Confidential Discovery Session (details below).

FREE Confidential Discovery Call

What's Holding You Back?

Have you invested all that time, money and energy into your goal to be more visible, to share your passion, to make your business work for you?

You may have developed all the right techniques and you may have worked really hard at dealing with those nerves and overcoming your lack of confidence to speak; however, if a part of you feels too scared or anxious, you may never make the calls or connections you need to become the speaker that you really want to be. You may unknowingly be making your life a lot harder than it really needs to be.

Join me on *your* **FREE** Discovery call to explore and discover:

- ☑ **Clarity:** Both around where you are now and where you want to be
- ☑ **What's Holding You Back?**
 - ✓ Explore what's stopping you from getting to where you want to be
- ☑ **Mining for Gems:** During this call, I will guide you through a visualisation process to help you rediscover an inner resource. Once rediscovered, this inner resource is yours to help you (within a second) when you most need it.

Here's what one of my clients said after completing her programme:

"I came to Lorraine and signed up for her Programme to help me release my fears that were holding me back from being able to speak in public about my passion of Numerology. I cannot tell you how Lorraine literally changed my life! I used to be a shy, quiet speaker who couldn't look people in the eye because I was so nervous. Now I am standing up boldly in front of people and talking to groups passionately about Numerology. I've also been on BBC Radio Kent with Dominic King and Rachel Mackley and given them a Numerology reading. They've even invited me back! This is all within the four months of working with Lorraine.

Lorraine has a way of making you feel relaxed and has various techniques that release you from the past and from the old, negative conditioning that does not serve you. She holds space for you and understands that you have to be gentle with yourself to move forward. I don't know where I'd be without Lorraine's amazing knowledge, skill and support to get me to be the best and most authentic me. She has helped me experience my life without the barriers that held me back from true happiness and satisfaction with my speaking. I am now living my life to the full. I cannot recommend Lorraine highly enough.

You deserve to be happy and live the life you have always wanted. Lorraine can get you to that place, and now I'm not looking back." ERH, Kent