



# LEMON CREE GUEST SPEAKING

Keep your conference fun and interesting by having Lemon Cree getting your participants motivated and active!

## **Re-energizing, Re-focusing and Re-inspiring your Audience**

With Lemon Cree's guest speaking services, we are great at getting your audiences at conferences re-focused and motivated after a long day of sitting down in their seats. Participants are guaranteed to feel refreshed after having Lemon Cree at your conference!

## What We Do

### **Guest Speaker, Theresa Ducharme**

Theresa will guest speak on the importance of fitness and wellness and why its important to remember to treat yourself good! A better community starts with a better and healthier you!

### **Exercises to feel refreshed and re-energized**

The audience at your conference will participate in a series of quick exercises to "wake" everyone up from sitting down in their chairs all day. The activities are non-intimidating and not overwhelming, but quick and fun movements designed to remind everyone why its so important to lead a healthy lifestyle. The audience will get to learn quick and easy fitness tips that they can use in their everyday work space, whether at the office or at home.

### **Additional Guest Speaking**

Lemon Cree also offers a variety of different guest speakers, which you can request depending on the type of conference you are holding. This includes, youth guest speakers talking about leadership, chasing ones dreams and how to go about developing your skills in the fashion and film industry.



## How to RSVP

Get in touch with us and we will provide you with more detailed information! We will work together with you to cater our guest speaking services to meet your conference needs and requests.

Please feel free to email us at [lemoncree@gmail.com](mailto:lemoncree@gmail.com) or give us a call at **1 + (204) 583-0728** to schedule.

