




lana walsh

SLEEP EXPERT | CBTi | EFT
SPEAKER | AUTHOR

CONTACT LANA

 587-849-0907

 lana@lanawalshcoaching.ca

 www.lanawalshcoaching.ca

INTRODUCING LANA WALSH

Lana Walsh is a Sleep & Insomnia Expert who helps people conquer insomnia, so they wake up with the energy to live their dream lives. After a decade of dealing with undiagnosed restless leg syndrome (RLS), Lana developed chronic insomnia.

For 30 years, she struggled to find the answer to her sleep, trying “literally everything” without relief. When Lana was introduced to the stress-busting process of emotional freedom techniques (EFT, aka tapping), she started sleeping better. Determined to continue this path, she began researching sleep where she finally found the answer to curing her insomnia. She is passionate about sharing the secrets to overcoming insomnia and helping people get the same results that have transformed her life.

Lana is a co-author of the Amazon Bestseller **Creating Impact, The Ultimate Guide for Purpose-Driven Entrepreneurs**, founder of **Upgrade Your Sleep: A Powerful Method to Overcoming Sleeplessness**, executive contributor for **Brainz Magazine**, registered CBTi coach, and Conscious EFT Level 1 & 2 practitioner.





Speaking Topics

WHAT PEOPLE SAY...

Thank you so much for the excellent lunch and learn today. Our employees very much enjoyed the discussion and continued it offline after the end of the meeting. Our team really enjoyed it and learned a lot. Thank you.

Kara Brown, Beamdog

Your presentation was not only informative and helpful but provided hope and empathy for those who have suffered for far too long. Thank you for doing what you do!

Susie Sykes, Timber Benefits

What a wealth of information she provided, and it definitely helped me with understanding my sleep pattern. Lana clearly is a professional speaker as she had me and the rest of the audience engaged.

Lynda Kavanagh
WOW Communications & Training

BOOST YOUR ENERGY: FROM SLEEP DEPRIVED SUFFERER TO RESTED ACHIEVER (90 MINS)

Weaving her own story of a decades-long fight to sleep through the night, Lana shares why sleep is so important not only for your brain and body but also how to get the best out of those around you no matter their sleeping style. You will learn how to overcome the number one reason people can't sleep, how to schedule your workday to be the most productive, and some specific habits to stop that could contribute to the development of insomnia.

MYTHS, FACTS, & TOOLS: WHAT YOU NEED TO KNOW ABOUT SLEEP TO SURVIVE SHIFT WORK (90 MINS)

Shift work is very disruptive to your sleep and can be quite hard to manage. Understanding how sleep works can help you better manage your changing sleep patterns. You will learn why you sleep, strategies to manage shifting from day to night and back, and key tools to help get the best sleep possible despite your changing work schedule.

WHAT EVERYONE OUGHT TO KNOW: THE STARTLING FACTS ABOUT INSOMNIA

During this short 20-minute presentation, you will learn about insomnia, its prevalence, how it develops, the surprising cost to the economy and society, and how it can be treated.