



Leslie M. Thornton

TEDX SPEAKER | COACH | ENTREPRENEUR



ABOUT LESLIE

Leslie M. Thornton

Author, Speaker, Executive Coach and
CEO & Founder of Hypnosis for
Permanent Weight Loss

Leslie M. Thornton is the founder of Hypnosis for Permanent Weight Loss – a movement that empowers career-driven professional women to revolutionize their relationship with food, body, and weight, so they can reach peak performance at work, make more money, hit their goals, and achieve breakthroughs in all areas of life.

A thought leader whose insights have been featured on podcasts around the world, Leslie is passionate about empowering her clients to learn how to think, behave, and act like someone who has true food freedom by learning the powerful NLP emotional mastery tools she teaches, and putting them into practice, for powerful lasting results.

She is the host of the Hypnosis for Permanent Weight Loss podcast, where she shares about her own personal journey, and the journeys of hundreds of her clients, who have dealt with the constant ups and downs of weight loss. She also features the stories of other top performing entrepreneurs, who have accomplished extraordinary goals by harnessing the power of the subconscious mind, inspiring her audience to know that they can do this too.

Prior to founding Hypnosis for Permanent Weight Loss, Leslie served as a Registered Nurse in the Surgical and Neuro ICU and Kidney Transplant, where she helped patients achieve their weight loss goals through hypnosis. She is also a board certified Hypnosis and Neuro Linguistic Programming trainer and certified coach through the International Coach Academy, accredited by the Coach Federation.

Outside of Hypnosis for Permanent Weight Loss, she is a philanthropist dedicated to the elimination of human trafficking and the exploitation of men, women, and children, worldwide. Her client list includes Directors of International Banks, CEOs of global health and social justice organizations that provide high quality health care, globally, to those who need it most, health care professionals, including doctors, nurses, pharmacists, university professors, and other professionals with a drive for more. **Learn more about Leslie at hpwl.co.**

GENERAL AUDIENCE

Quantum Weight Loss

Permanent Weight Loss for Exponential Success

Imagine unlocking a secret key that would allow you to eat whatever you want without gaining weight, while never having to think about food or body weight again. Sounds too good to be true, right? But what if you were told that it's possible by understanding a little-known fact about yourself?

The problem with most diets and health regimes is that they only address 5% of the cause of your results. The remaining 95% of your results come from your subconscious belief systems, most of which were formed by the age of 10. This means that even if you have the best diet or exercise routine, it will only be mildly effective if you pair it with a subconscious belief that you aren't worthy or good enough.

Leslie, the founder and CEO of Hypnosis for Permanent Weight Loss, has spent 20 years coaching some of the world's top executives and CEOs in the health and wellness industry. She has compiled her experience to show what it truly takes to create food freedom in your life. By applying the same principles she used in her own life, Leslie went from being a very health-conscious person to someone totally free from the stress of constant weight loss in just a few months. Her clients have used the same principles to create freedom from emotional eating in their lives.

In this keynote, you'll learn the unexpected reason why you haven't yet achieved consistent weight loss, and how it's affecting your productivity and potential as a human being. Leslie will share the exact roadmap to create breakthrough results, fast. Whether you're struggling or crushing it, this keynote will give you the hidden key you've been missing to unlock permanent weight loss success today.

TAKEAWAYS

Leaving the presentation your audience will:

- Understand the primary factor that influences 95% of their food/body/weight results, and why it's been hard to achieve their weight loss goals long term.
- Have a simple formula to shift limiting beliefs.
- Understand how to create the identity of who they want to become.
- Understand the power of feeling their feelings for fastest results and quantum leaps.
- Learn the keys to the food freedom language and how to implement right now for ultimate lasting food freedom.

FEMALE AUDIENCE

Hypnosis for Permanent Weight Loss

Learn to Eat in a Way that Feels Aligned with Who You Are as a Woman,
Hit Your Life Goals and Rediscover What's Possible!

Women have been taught to eat and have a body that was never designed for them. Because of this, they struggle with things like self doubt, burnout, and anxiety, never fulfilling their incredible personal and professional potential that is unleashed when they learn to eat and relate to their bodies in an aligned way.

In this eye-opening and inspiring keynote, Leslie Thornton shares her own experience of traveling the world, working remotely running businesses, "living the dream"....but secretly struggling with an eating disorder and anxiety.

Leslie speaks about how she finally overcame her (secret) hardships when she learned a different way to eat and relate to her body that felt great to her....and produced her breakthrough results.

Designed for anyone in your audience or team or who identifies as female, but always open to all, this keynote will leave your audience empowered, uplifted and excited to approach health and weight loss and permanent success in a whole new light.

Leaving the presentation your audience will:

- Understand the surprising factor that skyrockets a woman's ultimate happiness, energy levels, and peace of mind.
- Understand the relationship between the way we feel and the thoughts we think and how it affects weight loss.
- Know the simple secret to permanently getting out of diet mentality.
- Learn how to go after your goals and aspirations in a big way without having to worry about your weight.

HIGH PERFORMERS & ENTREPRENEURS

Money First. Permanent Weight Loss Along the Way.

Achieve Your Fastest Way to Monetary and Life Success
by Ditching the Diet FIRST

Leaving the presentation
your audience will:

- Have a simple framework to let go of perfectionism with health, and start making the money they want now.
- Understand the "Worthiness Quotient" and why it matters.
- Learn how to step into the identity of how a truly abundant person eats.
- Overcome limiting beliefs about how a fit body equals success, and how their mindset around this is preventing them from being free from food and achieving their goals.

Most everyone, when given a choice, would say yes to making more money. Everyone has the capability to make more and say yes to expansion.

Yet many professionals hold themselves back from really claiming the income they desire, because they're too afraid of gaining weight, and too afraid of failing.

They say, first I'll get my weight under control....and then I'll make it big.

In this mind-expanding keynote, Leslie Thornton will challenge the high performers on your team to think bigger, and share exactly what she did to scale from five to six figures in less than a year, all while dealing with major stress and anxiety related to having to give up perfection – starting with her health and weight.

Your team will have a new perception of what is possible when they say YES to going after their goals now, along with a roadmap to get there.

It's time to say yes to you.

TAKEAWAYS

AUTHOR



Hypnosis for Permanent Weight Loss

How to get emotionally and mentally free from food, body, and weight...for good.

In order to achieve weight maintenance, consistent eating, motivation, energy, and overall day to day happiness, we need emotional mastery. We need to tap into the unconscious mind, and we need a model from someone else who's done it.

All permanent change happens in the unconscious mind.

In Leslie's book, Hypnosis for Permanent Weight Loss, a super easy-to-read playbook, Leslie walks you through the new beliefs and new emotional mastery tools you need to get just that. Permanent Weight Loss.

Check out the book here: hpwl.info/ebook



GUEST SPEAKER

Leslie is an experienced guest, who is ready to speak about the power of doing the “inner work” in order to overcome the mental obsession with food, body, and weight and its impact on business success and life.

Using her experience as an NLP Trainer, Hypnotist, & ICF Accredited Certified Coach to go head-to-head with “diet culture” norms, and has been featured in Industry Leaders, as well as Forbes Magazine.

As the host of The Hypnosis for Permanent Weight Loss Podcast, ranking in the top 1% of shows globally, and having partnered with Dr. Joe Dispenza, an international leader and speaker in neuroscience and its effect on mind/body/world connection, Leslie is a leading voice in the coaching and consciousness space.



Guest appearances include:

- Subconscious Mind Mastery Podcast with Thomas Miller
- The Confident Woman Podcast with Rachel Brooks & Erin Klein
- The Happy in Business Show with Therese Skelly
- Sh*t You Don't Learn In College Podcast with Zander Fryer
- Find The Others with Josh Church
- The Happy Engineer with Zach White

“ You CAN stop the mental madness. You CAN take back control of your food behaviors. But you have to face your fears. You have to ask for help. And make a change.
~ Leslie M. Thornton ”

PODCAST

Hypnosis for Permanent Weight Loss

Each week, join Leslie Thornton, mentor to high performers, as she shares strategies and ideas on how to lose weight permanently, end diet mentality permanently, and stop yo-yo dieting permanently....by harnessing the power of your subconscious mind, and getting real with you and what you want in life.

Leslie connects your success with permanent weight loss with your success in life, and the positive impact you can ultimately have on the world.

If you're looking for inspiration and motivation from someone who has BEEN THERE, and GETS IT, and has mastered permanent weight loss for herself and thousands of others, this is the show for you!

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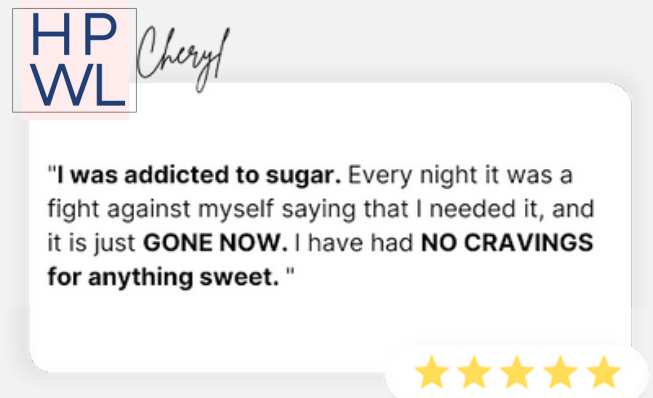
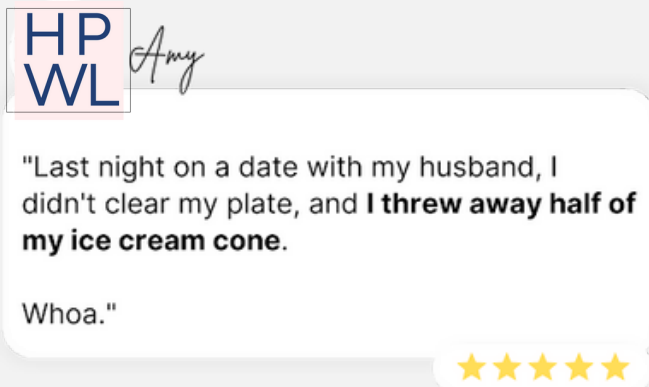
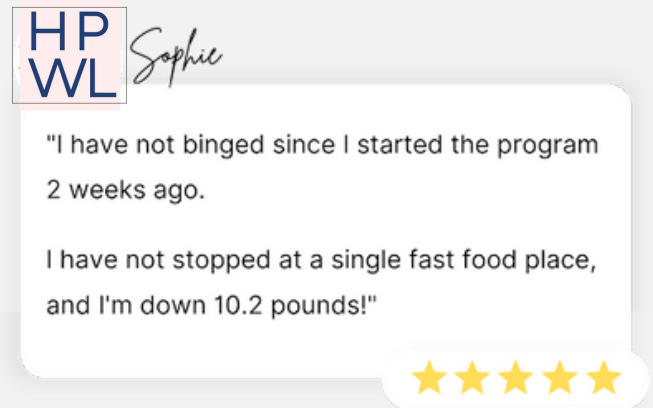
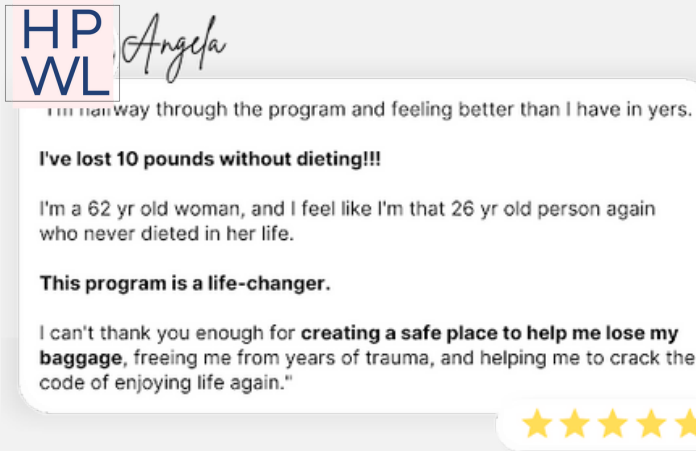
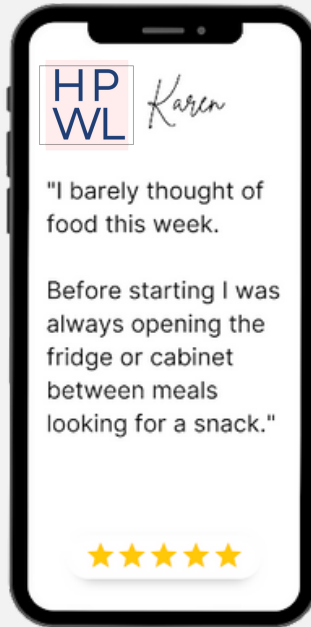
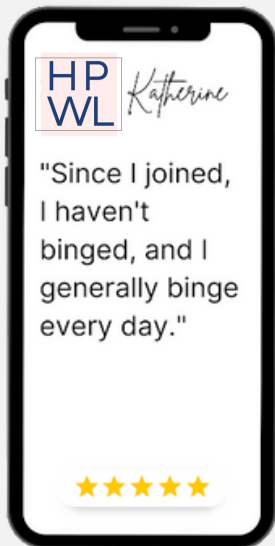
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