

Di Riseborough-Intuitive Life Strategist and Forgiveness Facilitator

Explore. Uncover. Accept. Evolve!

Are you holding on to past grudges? Unable to move forward in your life due to deep seated anger and resentment? Do you feel permanently stuck in a place of anxiety, and fear?

You need Di Riseborough now. Recently interviewed on the Oprah Winfrey Network, she is a leading expert on the “Power of Forgiveness”.

Using her intuitive gifts, Di is your life strategist, helping you to uncover, understand and, thus, let go of outmoded, unhelpful thought-patterns caused by conserving anger and bitterness. By teaching you how to turn negative emotions into positive motivators that enable you to reclaim your power, Di provides the tools you need to move out of that “uncomfortable comfort zone” and continue on your way to improved interpersonal relationships and increased productivity.



Di’s interactive presentations revitalize your organization, leaving employees feeling more confident, empowered with a deeper sense of self-worth, and figuratively “on fire” to change their lives.



These far reaching benefits translate easily into the business world. Typically in these turbulent times of economic pressure, employee engagement can suffer as staff struggle with high stress situations, lack of communication, workplace adversity.

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She provides her audience members with the necessary strategies to effectively:

- free up valuable energy by releasing festering emotional pain, outmoded feelings of anger and resentment – make peace with the past, in order to live fully in the present
- recognize how the power of forgiving in the face of fear reduces stress, anxiety and hostility in relationships
- move forward positively with enhanced compassion, empathy and inner peace, living a life with meaning and purpose
- cope with the loss of a loved one, heal an ailing relationship with an estranged partner or child by eliminating debilitating mental/emotional stumbling blocks

Internationally acclaimed “forgiveness facilitator” and author of the soon to be published inspirational book, “[The Prisoner Within](#)”, Di Riseborough uses her powerfully poignant story to teach the world how the process of letting go, “forgiving”, allows us to reclaim our power and take back control of our life.

Apparently Oprah approves, and has invited Di to be a part of OWN network’s new documentary “The Truth Project.”



Di is a provocative speaker, who addresses challenging issues with an edgy, entertaining and informative style. She packs her inspirational presentations with humor and how-to’s, finishing off with a message of

C.O.U.R.A.G.E.

DI IS YOUR SOLUTION. FIND OUT MORE NOW! 519.719.9240

C ommit to forgiving and facing your fears

O pen to different perspectives and positive possibilities

U se your mistakes to learn, empathize and grow

R elease the control the offending person or situation has over your life and reclaim your power

A cknowledge and deal with your feelings to initiate transformational change

G ratitude is the attitude that propels you forward – be grateful for lessons learned

E mpower Yourself – turn fear into a motivator and forgiveness becomes your ticket to freedom

Di customizes her presentations to meet your group's needs including keynotes, breakout sessions, teleseminars, half-day & full-day workshops. Select from these [Keynotes](#):

The Peace Beyond The Pain- How to Let Go & Forgive When it Still Hurts.

Ever ended a friendship or punished a partner with the silent treatment when their actions have left you feeling betrayed and hurt? Do you continue to conserve that unresolved anger and resentment, bringing up 'that incident' again and again? Ever think your inability to forgive others might be because you feel undeserving of forgiveness yourself?

In this inspirationally captivating and informative keynote, participants will explore the concept of forgiveness as a "gift", with the goal of reducing hurt and helplessness, releasing anger and bitter grudges, while restoring confidence, and boosting self worth.

Di references the archetypal concept of forgiveness in religious traditions right on through to the social-scientific research findings on the subject which suggest the purging power of forgiving is instrumental in reducing blood pressure, depression, as well as chronic pain and stress.

By learning to forgive others as well as yourself, you ultimately live a more peaceful, healthy, and joyful life.

View **Demo Video** at
www.diriseborough.com

Using The "F" Word Effectively – Feel the Fear and Flourish Anyway

How much of your day is dominated fearfully fretting about the future, obsessing about income, outcomes, just about everything? When fear rules, your imagination stagnates, and innovation is stifled. In fact, left unchecked, fear can drain your confidence and overpower your life.

In this courageous keynote Di recounts her own personal tragedy as a teaching tool to help participants learn, not only to effectively manage fear, but also to productively use its energy to turn negative inertia into positive progress, to go from run and hide, to survive and thrive.

A survivor herself of unimaginable challenges, including chasing car hijackers, adjusting alone to a new country, new business and ultimately facing the man who murdered her grandmother, she turned her traumatic experiences into an action plan to reclaim her personal power. She vowed to go from fearful to fearless in an effort to revamp her life.

With risk, there is fear. If you dare to dream of course there is going to be apprehension, and anxiety over any actions in a new direction, but If we don't learn how to recognize, dominate and re-channel that fear into positive purpose we remain helpless in its vice grip.

Through her expertise and experience, Di shows her audiences how to use fear as an ally in the battle to break through limitations, welcome change and discover inner strength. By wholeheartedly embracing the "F" Word, and using it effectively, participants will discover new life appreciation, increased clarity of purpose, and a more profound life changing happiness.

Embrace your fear and flourish!

BOOK DI NOW! 1.519.719-9240