



## Lori Bryant Woolridge

Bestselling Author. Coach. Speaker

Lori Bryant Woolridge is an author, sensuality coach, and founder of Stiletto University, a virtual institute advocating healthy, sensuous lifestyles. An Emmy award winner, she is the bestselling author of eight books, including *The Power of Wow: A Guide to Unleashing the Confident, Sexy You*. Lori has been featured in numerous magazines over the years and has appeared on many radio and television shows around the country. An engaging and highly motivating speaker, she has also moderated numerous panels and workshops for women of all ages on sensuous living and feminine empowerment. Lori customizes each program to the audience and each topic has the versatility to go from straight lecture to lecture and discussion to interactive workshop. Her style is warm, inviting, honest and humorous and her audience leaves feeling motivated, empowered and beautiful!



### Current Speaking Topics:

**#Be the Flame:** Tapping into *The Power of Wow*: Entertaining, informative, and honest, this lecture/workshop is designed to help young women grow comfortably into their authentic selves while recognizing and maintaining their feminine confidence in their personal, dating, and intimate lives. Geared toward high school and college-aged women. (60-90 minutes including Q & A)

**The Rise of Fall:** Delivered to motivate and change the way you look at being a 'woman of a certain age'. Learn how to more fully enjoy the sexy autumn of your life as we discuss positive body image, sex in the era of Viagra, and attitude readjustments for our forty, fifty, sixty, seventy and more shades of fabulous. (60-90 minutes including Q & A)

**True Masters Learn Through Joy:** Who says that important lessons can only be learned through perseverance and pain? Discover the power and pleasure of sensuous living and how living a life connected to the world through your five senses can lead you to your most authentic self, make you happier, and more productive personally and professionally.

Other topics available. Contact Lori to discuss.

### The Buzz:

"This program was great for us young, lost, college-aged women. Mrs. Woolridge is a great representation of what she wants us to see in ourselves in the future." Alexia Thorpe, University of Maryland, Spanish, 2017, [#Be the Flame](#)

"This was such a powerful and uplifting program." Ta'lor Walker, University of Maryland, 2017, [#Be the Flame](#)

"Lori has the ability to create an environment of honesty and openness. She encourages women to find their "inner sexy," grants them the permission to use it, and shows them how to release it for the world to see." Tara Favors, Revlon Consumer Products, [True Masters Learn Through Joy](#)

"You owe to yourself, your family and your relationships to open yourself up to one of Lori's powerful and poignant workshops."

Margaret Cunningham, Delta Sigma Theta, [True Masters Learn Through Joy](#)

"The Rise of Fall workshop was informative, releasing, rejuvenating, and a big reminder of what is coming down the road and how to prepare for it." H. Vincent, NJ Guardsmen Wives, [The Rise of Fall](#)

## Partial List of Satisfied Audiences:

University of Maryland Bloomfield College Montclair Adult School Brookdale Community College South Orange Adult School

Jack and Jill Incorporated Essex County, NJ Jack and Jill Incorporated Baltimore, MD Jack and Jill Incorporated Atlanta, GA

The National Association of Guardsmen Wives, Cabo San Lucas The National Association of Guardsmen Wives, Scottsdale, AZ

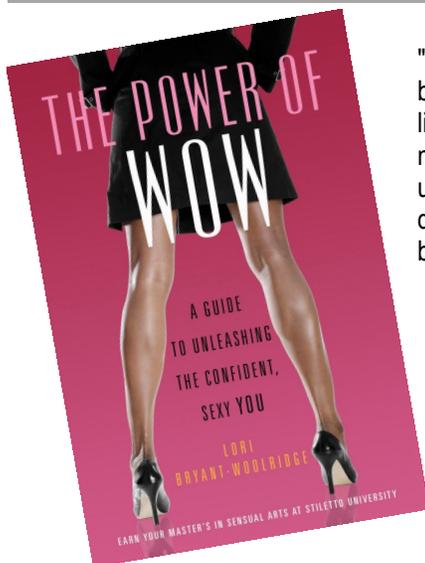
Delta Sigma Theta Incorporated Alpha Kappa Alpha Incorporated Wives of Omega Psi Phi

Women's Wellness Society Mothers Off Duty, Incorporated Mothers Extraordinaire

The Links Incorporated Essex County, NJ The Links Incorporated Washington, DC

Sisterhood Symposium, Chicago, IL Women Empowering Women Conference/Retreat, Lincolnshire, IL

Unitarian Universalist Church of Montclair, NJ



"This is more than a typical "self-help" book. Lori's writing style combined with real life learning and humor help put you in the moment. This guide provides honest, upfront teaching and has made a huge difference in my life. This will be my go to book for the rest of my life.

[Hollydazed, Amazon.com](#)

"The Power of Wow is OUTSTANDING. I definitely learned more with this \$11 than the numbers of workshops that I've spent hundreds of dollars on. I got my sexy confidence back and...loving every day."

[M. Bruner, Amazon.com](#)

## Booking Information

Pricing: Speaking fee plus book purchase (negotiable).

Contact Lori for prices.

50% deposit (nonrefundable) due upon booking. Balance due at event.

Round-trip air or train, hotel accommodations, ground transportation,

## Contact Information

For more information on Lori's presentation topics or booking information please contact us at:

Phone: 201-805-0309

Email: [loribwoolridge@gmail.com](mailto:loribwoolridge@gmail.com)

Web: [www.stiletto.com](http://www.stiletto.com)

## The Topic:

Confidence—the catch-all, cure-all—that will help us conquer the world. Society has done a pretty good job teaching women how to be good at what they *do*, instilling in us the kind of confidence that allows us to excel in school and work. But there's another kind of confidence, I call it feminine confidence, that pushes women to be great at who they *are*. The kind of confidence that allows them to feel beautiful, interesting, and empowered in their own skin, just as they are. Many label this as *sexy*, and its meaning is as varied as the females who define it. For some feminists, the concept of *sexy* has been trivialized by women they judge to be trading off their beauty instead of their brains. Some conservative women demonize the idea, linking *sexy* to a lack of values and the immoral ways of 'bad' girls. For others, the connotations of the word 'sexy' before the word 'woman' evokes all kinds of negative emotions and labels—slut, cheap, trashy, devious, loose.

And yet, not a month goes by when there isn't some magazine, Internet article or television segment focused on the topic of how to be sexier and more alluring.

From *The Vampire Diaries* to *Girl Code*, from advertisements to the ever present celebrity selfie, popular culture pushes the concept of being sexy on our daughters every chance it gets. But how many of us—mothers and daughters alike—have ever taken the time to sit down and define what sexy is? Most

women have not, and instead let others—the media, celebrities, society, and men—define it for them. They then try, in vain, to fit into a very narrow and unrealistic description of what sexy is with the mistaken idea that being sexy is for someone else's approval, not their own. This lack of understanding has led many women down a path riddled with insecurity, low self-esteem, and personal dissatisfaction.

## The Workshop:

*#Be the Flame: Tapping into the Power of Wow*, is a 90-minute lecture/workshop (including Q & A) designed to help young women shed their moth mentalities and allow their own lights to shine bright. We explore what true sexy is (Positive Energy in Motion); what it's not (size, looks or beauty in general); and how teen girls can begin to access their unique brand of 'sexy' (start by knowing your unique charisma) and use it to empower themselves socially and professionally. Entertaining,

informative, tasteful, and honest, this lecture is designed to give young women the tools to grow comfortably into their authentic selves (and bodies), while living their truth and maintaining their individual, feminine power in their personal, dating, and intimate lives.



## Contact Information

For more information on Lori's presentation topics or booking information please contact us at:

Phone: 201-805-0309

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# BOOKING FORM FOR LORI BRYANT WOOLRIDGE



Lori Bryant Woolridge is eager to work with you to create a memorable and empowering event for your organization. Please copy and complete the following form and return via email to [stiletto@gmail.com](mailto:stiletto@gmail.com). We will respond promptly to your request and look forward to speaking with you.

Your Name:

Organization:

Phone:

Email:

Which Stiletto U event are you interested in?

- #Be the Flame: Tapping Into the Power of Wow (60-90 minutes)
- True Masters Learn Through Joy: The Power and Pleasure of Sensuous Living (60-90 minutes)
- The Rise of Fall: How to Thrive as a Woman of a "Certain Age" (60-90 minutes)
- The Power of Wow Workshop (Full or Half Day Seminar)
- Not sure. Let's discuss

What is the approximate date of your event?

Is this a fundraising event?

What is the approximate size of your audience?

What is the speaker's fee (honorarium)?

Will the session be recorded?

City/Location of your event?

Who will be responsible for booking travel arrangements?

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