SLIDE 1
Laura Ferrari
Live Your Best Life

SLIDE 2
A Little About Me…
• I am 27 year’s old
• I have four brothers
• I love bowling and dancing
• I love to travel

Graphics: Laura, her mother & father and 4 brothers. A suitcase on a beach. The Starbucks logo.

SLIDE 3
My Roommates
Graphics: Laura and a young couple. A baby.

SLIDE 4
Do More of What You Love…

SLIDE 5
What I love…
• Being a professional joy spreader
• Helping others to live happy

Graphic: Laura standing beneath a sign that says "TSSOL: The Sexy Side of Life" as a woman talks into a microphone.

SLIDE 6
Raise Your Vibe… Everyday
Video with captions:
How to Raise that Vibe (Video: woman in a car making "raise the roof" hand motion)
  1. Move Yo Body (Video: Laura dancing to an exercise video)
  2. Love on your pets (Video: one of Laura's roommates dancing with his Chihuahua)
  3. Play games (Video: Laura playing Uno)
  4. Spend time in nature (Video: a butterfly on a flowering bush)
  5. Spend time in the sun… with SPF please (Video: a man asleep on the beach)
  6. Stretch… but don’t rip anything (Video: a man doing a split)
  7. Eat healthy food (Video: a plate of zucchini noodles)
  8. Spend time with awesome peeps (Video: Laura, her roommates and another couple)
  9. Dance your butt off (Video: a woman dancing on a dance floor)
 10. Play in the water (Video: a woman coming down a slide into a pool)
 11. Exercise @ iron therapies (Video: a group of people exercising in a back yard)
 12. Dress up and take yourself out (Video: Laura spins in a formal gown)
 13. Sing… shower singing is acceptable (Video: a woman singing in a living room)

Go High Vibe It Up. (Video: a yellow flower)

SLIDE 7
Get Moving….
Video: Laura dancing in a bathroom. Graphic: Laura and a young man in a restaurant.

SLIDE 8
Be Brave
Courage is not the absence of fear, but the triumph over it
- Nelson Mandela

SLIDE 9
Make Every Moment Count
Share your JOY with others
Video: Laura and two others in jumpsuits and helmets. The caption reads: Laura is preparing. Then, Laura flying in an indoor skydiving wind tunnel.

SLIDE 10
My Mom
- Losing my mom in 2008 on Christmas morning is the single hardest thing I have ever experienced
- My mom was my best friend
- My mom was my teacher and my coach
- My mom taught me about Jesus and the importance of faith
- My mom lost a 5 year battle with breast cancer
Graphic: Laura's mom and a heart.

SLIDE 11
My Dad
- My dad was a fun and crazy guy
- My dad loved to play pranks and tell jokes
- My dad always cooked my favorite meals
- My favorite activity to do with my dad was to go to brunch followed by a movie
- My dad liked to spoil me with Starbucks coffee
Graphic: Laura's dad

SLIDE 12
Choose Joy Not Pain
Graphic: Angel emoji

SLIDE 13
Keep Growing

SLIDE 14
Future Aspirations
- I love fashion
- I hope to help women like me find clothes that fit us and empower us to feel beautiful and confident
- I would like to start my own line of clothing one day for my community of women

SLIDE 15
Treat Your Self…
Just A Bit

SLIDE 16
Graphic: Laura on a couch with a Chihuahua and a take-out coffee cup.

SLIDE 17
Tips for Living Your Best Life
1. Do What you Love
2. Raise Your Vibe
3. Get Moving
4. Be Brave
5. Choose Joy not Pain
6. Keep Growing
7. Treat Yourself

SLIDE 18
THANK YOU!!
Continue sharing your light, love, and passions with the world!!