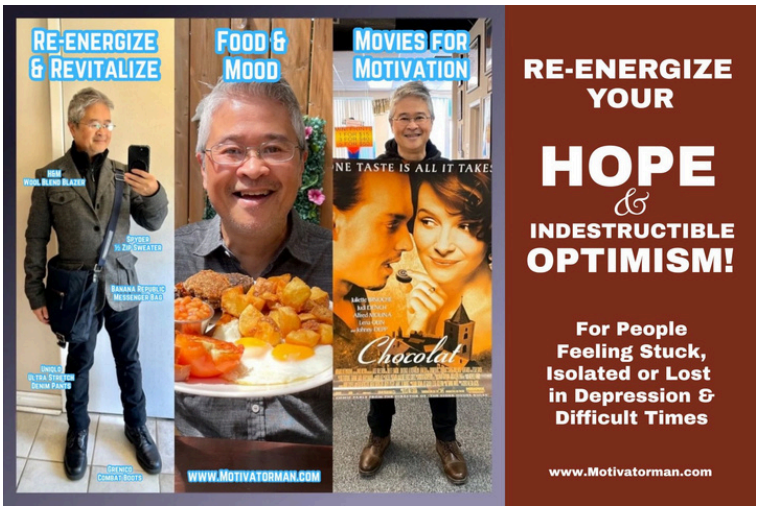
SELF-CARE SUPERHERO!

EMMANUEL LOPEZ AKA MOTIVATORMAN
SPEAKER | AUTHOR | AWARD-WINNING ILLUSTRATOR



FOR PEOPLE FEELING STUCK, ISOLATED or LOST in DIFFICULT TIMES

- *Easy-to-use tips and tools for building self-confidence, hope & indestructible optimism*
- *Create a quick, simple self-care system*

SPEAKER TOPICS

- Topics are custom-tailored to your audience
- Choose one topic or an overview of all three

A. MOVIES FOR MOTIVATION
Learn how movies can transform low moods quickly, stop the ruminating of negative thoughts and inspire a vision of hope and optimism in your life, work and career.

B. FOOD & MOOD
Increase awareness of how specific foods can provide uplifting comfort while learning and integrating nutrient rich foods for brain health and depression.

C. RE-ENERGIZE & REVITALIZE
Discover a wide variety of daily practices that instantly help you feel re-energized like: getting sunshine, walking in nature, enjoying art, thrift store fashion finds and engaging in favourite activities.

See: Speaker sample 2min #1
See: Speaker sample 2min #2
See: Speaker sample 2min #3

TESTIMONIALS

"Emmanuel did a fantastic job kicking off our event. He helped connect the movies to his personal challenges and invited us to do the same. His vulnerability and honesty helped everyone relax and fully engage in our time together."
Amy Coupal, CEO,
Learnography

"Emmanuel brought new life to timeless movies such as Groundhog Day and The Shawshank Redemption with his real life experiences dealing with depression and his progress in life. Excellent work!"
Stephen Clement, HR Professional,
Human Resources Professionals Association
HRPA

"Your seminar was awesome!! The presentation was very inspirational to me."
Susan Ng, Financial Services Rep,
TD Canada Trust

CLIENT EXAMPLES

TD Canada Trust, Ontario Ministry of Finance, Investors Group, Lululemon Athletica, Royal Ontario Museum, The Art Institute of Boston, Schulich School of Business, Human Resources Professionals Association, Zoomer Magazine, Bayer Health UK

ABOUT EMMANUEL

Emmanuel Lopez aka Motivatorman is an award-wining Illustrator, Author, Speaker, Movie Blogger, Content Creator, Self-Care Influencer and Foodie! He has been featured in The New York Times, The Washington Post, The Globe & Mail and CBC Radio.

His first book, Movies for Motivation, is available on Amazon Kindle and features top 55 films that helped him through years of clinical and seasonal depression.

FEATURED IN

The New York Times · The Washington Post · The Walt Disney Studios · Toronto Star · Zoomer Magazine · CBC Radio

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