SELF-CARE SUPERHERO!

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

HELPING INDIVIDUALS MANAGE BURNOUT, STRESS & DEPRESSION

Discover:
- *The 2-Minute Reset Technique*
- *Immediate & Long-Term Self-Care Strategies*
- *How to Activate Indestructible Optimism*

SPEAKER TOPICS

⭐ A. BRAIN BOOSTERS FOR BURNOUT
Discover delicious & nutritious foods and liquids for revitalizing your brain and body from burnout, stress or depression.

⭐ B. MOVIES FOR MOTIVATION
Learn how specific Hollywood movies transform low moods quickly, stop the ruminating of negative thoughts and inspire hope, action and a vision of goals.

⭐ C. RE-ENERGIZE & REVITALIZE
Discover how to refuel your 4 happy brain chemicals. Learn daily practices that rejuvenate and help maintain long-term productivity, drive and focus.

⭐ D. THE SELF-CARE SUPERHERO OVERVIEW
Overview of all 3 Topics for maintaining indestructible optimism and high performance at work and in life.

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

TESTIMONIALS

"Your presentation was excellent and was thoroughly enjoyed by everyone. Guests were commenting about how empowered you made them feel."
Mirella Tersigni, Event Organizer
City of Vaughan

"Emmanuel did a fantastic job kicking off our event."
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."
Stephen Clement, HR Professional,
Human Resources Professionals Association

"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 · CBCradio

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