

ERIC TONNINGSEN

Speaker | Author | Professional Coach

Eric Tonningsen specializes in exciting individuals about “What Can Still Be.”

With ease and anecdote, he inspires people to tap into their **personal gifts**, **unique experiences**, and **wisdom**, to **create lives of even greater significance**. He achieves this via **speaking**, **personal coaching**, **blogging**, and with fascinating guests on his *Awakening to Awareness* podcast.

ABOUT ERIC

Eric creates **awareness for Baby Boomers** who desire to realign their lives with what really matters. In 2004, Eric realized he was **misaligned** with what he was doing to earn a living versus who he was/is at his core. He chose to **leave a comfortable corporate cocoon** and soon thereafter made a commitment to **awaken** and **illuminate** others to “Who They Truly Are.”

As a **Professional Coach**, Eric is PCC credentialed by the International Coach Federation. He blends his **personal experiences** with **practical tools** and **strategies** to **shift mindsets**. He focuses on the principles of possibilities, self-belief, and choice to **yield new perspectives and action** around the passions and potential of what he calls the “chronologically gifted.”

Having navigated a significant career change himself, Eric **understands** and **values transformation**. His life story is living proof. His mission now is focused on **preparing boomers for active and fulfilling lives** as they explore, approach, and ultimately experience life’s “Third Act.”

“He has just the right mix. Eric was able to deliver a serious message **packed with valuable content** without being dry and boring. I feel that his background as a Life Coach keeps Eric very **audience-focused**. Eric’s story was about his personal experience but the message was, we can improve and not about him. I know time is valuable. Listening to Eric’s message was a **worthwhile investment** and **I recommend him** as a speaker **without hesitation**.”

Tanda Headrick, CEO, *Vanguard Technology Corp.*

“Eric is an accomplished speaker who brings **empathy** and **passion**, as well as **informative** and **intriguing subject matter** to his audiences. His confident, grounded style **engages listeners** seeking to learn something new or come to a reawakening about themselves and their perspectives.”

Dale Burch, *Retired Business Executive*

TOPICS

WHY DOGS SNIFF BUTTS.

How Intentional Listening Enhances Communication

AWARENESS & ALIGNMENT.

Reconsidering What Makes Life Significant

SELF-BELIEF & CHOICE.

Action Principles for Inspired Living

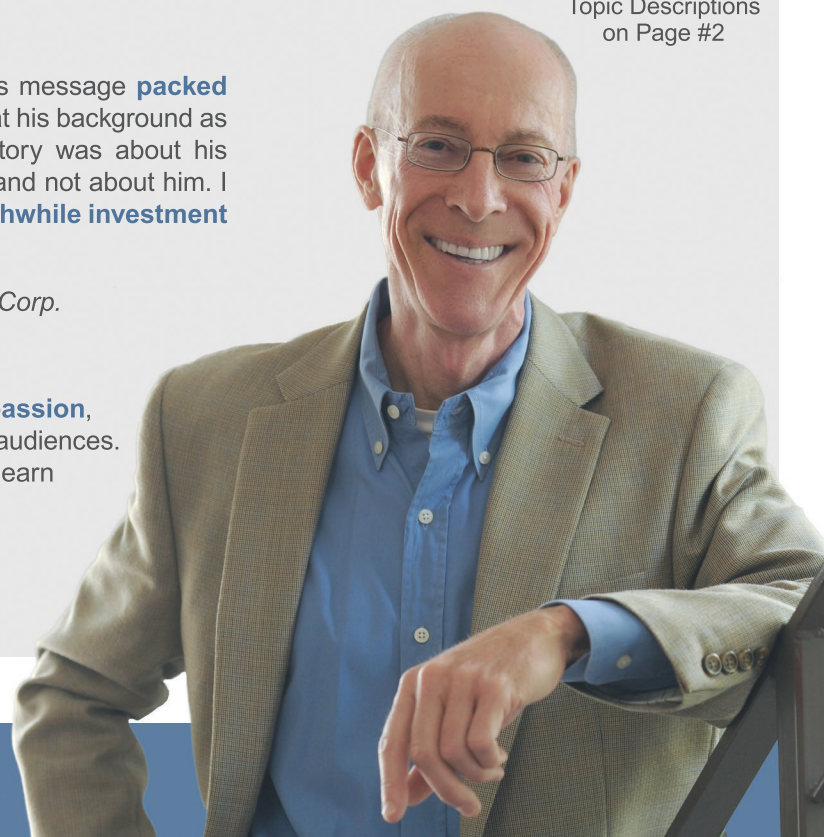
VALUING OUR ELDERS.

Why This Matters

Topic Descriptions
on Page #2

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TOPIC DESCRIPTIONS

WHY DOGS SNIFF BUTTS.

How Intentional Listening Enhances Communication

Humans process information by being aware of habitual negative patterns of thought, behavior and communication, and then making positive choices to better serve themselves and others. When it comes to effective communication, there is not a more important skill than listening. Not just hearing but truly listening. Listening requires sustained focus. Just as canines use their sense of smell to enhance communication, you can further develop your skill by listening with your eyes and your hearts. With work, you can become an even better listener.

AWARENESS & ALIGNMENT.

Reconsidering What Makes Life Significant

When it comes to life, are you living it purposefully; in truly significant ways? An immediate answer to this question can be challenging, if not foreign, for many people. Eric Tonningsen reacquaints you with the personal experiences and filters that ground you in your current thoughts and beliefs. Audiences will find themselves reflecting on differences between material success and matters of meaning and significance. They'll discover different truths about themselves; they'll experience shifts that create a sense of opportunity to effect change and; they'll become more aware of how passions often align with what really matters.

SELF-BELIEF & CHOICE.

Action Principles for Inspired Living

How well do you know yourself? How about believing in you? Honest responses can be revealing. You have much to offer! Why compromise your worth and confidence by doubting yourself? You have the power of personal choice, regardless of what others may think. The ability to make wise and satisfying decisions is a learned skill. By exploring and viewing choice in terms of outcomes, you can create perspectives that measurably impact the person you are. Your actions, through conscious choice, will catalyze change, help to surface your unrealized potential, and reshape how you live in character.

VALUING OUR ELDERS. Why This Matters

Honoring elders is customary in cultures where older people are respected and used in a socially integrative manner, passing on survival-based wisdom to subsequent generations. In the youth-based culture of modernity, our elders are not used in this way and sadly, suffer a loss of self-worth and a sense of purpose. In today's challenging world, we need to consider the value of all humanity. Through dialogue, we can determine how we can involve elders and employ strategies of inclusion that do not overwhelm them.

RAVES!

"Eric is a dynamic speaker and presenter. I always enjoy his message and presentation skill set. Motivating and inspirational speeches are his forte. **As a keynote speaker, Eric would be an excellent choice.** I highly encourage you to view him in action, and decide for yourself."

Peter D. Murphy,

Retirement & Estate Planning Professional

"Eric has kept me on the edge of my seat! He weaves his stories with mental imagery, adding his memorable voice and expressions to bring to life — his humor, emotions and life's lessons. From the audience, you are **quickly drawn into his presence and his message.** I always look forward to his relatable stories."

Sheryl Stewart, *Life and Leadership Coach*

"Whatever the occasion, it is always a pleasure to hear Eric speak. His articulation and delivery are excellent and well-prepared. His strong, clear voice makes him a masterful speaker. In addition to knowing exactly how to convey a message, **I find Eric's insights to be timely and valuable."**

Dustin Simon, *Millennial,*

Advertising Research Analyst

"I have had the pleasure of hearing Eric speak several times. He has a remarkable ability to provide thought-provoking content in an enjoyable manner. Eric's natural wit and charm enhance all of his presentations. **His words inspire, challenge, and awaken listeners to their own possibilities."**

Charnia Parrish,

Tax Professional / University Counselor

"Eric Tonningsen is one of the most thought-provoking speakers I have heard. His stories tug at your heartstrings, making you feel not only like a witness to the events but a participant. Just as you are deeply involved in the story, Eric brings you back out and delivers a message, a **lesson, an enlightening observation** that connects to his story and, just as seamlessly, next to your life's story, as well."

Tracy Thomason, *2015/16 District Director,*

District 23 Toastmasters

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