

LESLIE T. ARBOLEDA

SPEAKER
AUTHOR
GUIDE

MEDIA
KIT 2024



WWW.KIZENLIFE.COM

ABOUT LESLIE

As an international speaker, Leslie Arboleda inspires audiences living on multiple continents by sharing both her successes and her failures on her own journey of learning how to rewrite the story that she was living to move from living in pain to living empowered. She vulnerably shares how she turned her own trauma into triumph, and she hopes to inspire others to grab the pen and take charge of the story they are living, too.



As an author, she synthesizes her diverse knowledge and experiences to teach people how to understand different systems of self-understanding and to use those tools for empowered personal inquiries and taking aligned action to create the life that brings them connection and Joy.

As the Kizen Koach, she uses a combination of both movement and stillness in her professional practice to support people in reconnecting to the brain, body and breath in healthier ways to enjoy happier, healthier, and wealthier relationships with themselves, at home, and in business.



Live On Purpose With Purpose

2024

"Leslie has been a beacon of light for
me."

- Tara Binette, realtor

2024



INTERVIEW TOPIC

Whether it is anger, frustration, bitterness, or disappointment, every person you have met, will meet, and already know can speak to a painful page in their personal story. The difference between living in pain and living empowered is determined by how often we return to those pages and how often we give others the pen to write the story WE are living. Right now, today, we cannot travel back in time, AND right now, today we can take charge of our future.

By realigning to our own body, brain, and breath differently than we have been, we have the power to successfully create the life that brings us more ease and greater Joy than the life we have been living out of habit or unconsciously. So often in adulthood, we find ourselves living the stories we wrote as children. Might it serve your highest interests to take a moment and reflect if now is the time to breathe life into a new story to finally start living the sustainable Joy that is your birthright as a human being walking around in this animated meat suit?!

INTERVIEW INTRODUCTION

Leslie is the Kizen Koach™, a certified Quantum Human Design™ Specialist, and an internationally celebrated speaker and author.

In her private practice, she works with women (and a few enlightened men) who are feeling stuck and frustrated, supporting them in reconnecting to their own body, brain, and breath, so that they can have happier, healthier, and wealthier relationships at home and in business.

On stage and in front of the camera, she strives to share her message far and wide about the power of personal narrative because *when you tell the story you want to live, you get to live a story you want to tell*. Leslie combines her experience, education, and expertise in neuropsychology, marketing, and quantum physics to support her clients and audience members in understanding the importance of making aligned choices and how to become empowered to create tangible change and desired results in their lives and relationships.



Level Up How You Show Up

2024

Leslie captured my essence in a short time... and helped me hone in on my skill sets in a new way.
- Angie Petersen-Green, visionary

2024



INTERVIEW QUESTIONS

1. What exactly is Kizen Koaching and Quantum Human Design™?
2. What are the Three Pillars of Personal Improvement?
3. Who can benefit from Kizen Koaching?
4. How does Kizen Koaching benefit the workplace?
5. How quickly can someone see changes after making new choices?
6. What does Kizen Koaching offer entrepreneurs and small business owners?
7. Can you take Kizen Koaching to larger groups, like corporations?
8. How does Kizen Koaching help to improve relationships?
9. What was the inspiration for the children's book you co-created with your teenage daughter?
10. What's next?

ABOUT THE BOOK

In *Train Rides with My Reflections*, Leslie vulnerably shares many of her own stories and how she became empowered to rewrite the story she was living. She skillfully weaves in the quantum science, neuroscience, and behavior science that has finally caught up with what healers and spiritual gurus have known for lifetimes when it comes to manifesting your dreams -- thoughts turn into things in our lives no matter if we do it accidentally and out of habit or mindfully and on purpose. Whether you are familiar with the topics she highlights, or this is all brand new to you, *Train Rides with My Reflections* is a great point of reference that is informative, engaging, and entertaining.



Be Empowered by Aligned Choices

2024

"Leslie has a way of asking questions that helped me realize how to finally align to the answers that were right for me."

- Jon Boyer, entrepreneur

2024



KIZEN HOT TOPICS

- Understand the true power of your focused intention (and the impact of fuzzy focus, too).
- Account-a-bil-a-buddies are the best way to G.R.O.W. into your goals.
- Flexibility is expert-level adulting.
- Celebrate full self-expression.
- The company you keep matters!
- Make it happen... or don't!

GIFTS FOR LISTENERS

30-Minute Energetic
Blueprint Analysis



Free Guided Meditation



Reconnecting to Y.O.U.

2024

Leslie has a beautiful talk that many women need to hear."

- Dussteen Scott, marketing expert

2024



PROMO IMAGES



click on image to download high-resolution web images

PAST INTERVIEWS



YOU are a once-in-a-lifetime, unique
cosmic event, but you are not special.
-Kizen Wellness mantra

2024

I look forward to her continued
guidance for personal longevity and
peace of mind.

-Tara Binette, realtor

2024



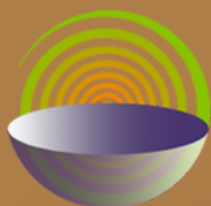
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