

Adrienne Smith



Topics I Speak On

- **Rediscovering Courage**
Shifting out of indecision and into confidence
Being unapologetically yourself AND loved for it
Using your body to determine the next best step
- **Living an Aligned Life**
Creating structures to liberate and energize you
Moving from chaos to certainty
Transforming exhaustion into energy
- **Teamwork makes the dream work**
Bringing your vision to life at work & home
Disappearing resistance and creating connection
Working smarter, not harder

Testimonials

"Adrienne is masterful at reading a room and sharing the exact wisdom I need to hear in every class I've even taken from her. It's as if she was a part of the last 24 hours with me and read my mind for exactly what my body and soul needed to hear." Vanessa

"She has an enthusiasm for supporting people to live the best life for them is something the world needs more of." Michelle

"Working with Adrienne not only shook me out of the rut I was in, it got me reconnected and focused on what matters to me in my life right now." Jim

Connect



info@alignedlivingnow.com



alignedlivingnow.com



adriennenicole.smith

About Adrienne

After 15 years of experience leading a business, being a mom and breaking a world record rowing across the Pacific Ocean, I've gained an appreciation for the strategies necessary to overcome obstacles and reach success. Drawing on firsthand knowledge of how it feels being stuck in a rut while striving to accomplish goals, I'm enthusiastic about sharing the systems that help me stay organized, aligned and motivated with others.

