



## Pitch for Lecture: “Essential Keys for Your Life Transformation”

This one-hour transformative talk provides essential tools for individuals ready to start changing and improving their lives. Shiri Paamony-Eshel combines personal experiences, spiritual wisdom, and scientific research to guide participants through practical keys for restoring balance and unlocking potential. The session includes an introductory meditation, interactive explanations, and homework assignments for continued personal growth.

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# KEY BENEFITS



- **Practical Tools for Life Transformation:** Participants will leave with actionable tools to implement immediately, including basic silence practices.
- **Balanced Approach:** A unique blend of spiritual insights and scientific research appeals to a broad audience, from spiritual seekers to professionals in need of balance.
  - **Experienced Speaker:** Shiri Paamony-Eshel draws on decades of personal experience, spiritual development, and academic expertise to deliver a transformative experience.



## ABOUT: SHIRI PAAMONY-ESHEL

Shiri Paamony-Eshel is a filmmaker with over 20 years of experience and has been aware of her intuitive gifts since childhood. In the last 15 years, she has deepened her spiritual journey, mastering tools like Theta Healing, Reiki, and meditation. While still active in filmmaking, she now helps others transform their lives by teaching the power of silence, meditation, and balance. This unique combination of creativity and spirituality makes her the perfect guide for life transformation.





Shiri's unique blend of spiritual wisdom, academic knowledge, and creative storytelling makes her the ideal guide for helping individuals and groups start or enhance their journey of life transformation.

## Shiri's experience includes:

- **Spiritual Intuition and Channeling:** A profound connection to the source of life, allowing her to guide people through practical tools for improving life.
- **Academic Expertise:** She is a student for Master's Degree at the Maharishi International University's Department of Consciousness and Human Potential, where she studied the intersection of human consciousness, ancient Vedas and the philosophy of science.
- **Creative Talents:** Shiri is also an accomplished videographer and storyteller, using her ability to craft authentic, meaningful narratives that inspire change.
- **Holistic Healing Approach:** Through her expertise in chakra alignment, meditation, and channeling, Shiri helps people understand their own life path, improve their decision-making, and escape cycles of suffering.

# TARGET AUDIENCE

This lecture is ideal for organizations, teams, and individuals who are:

- At the start of their personal or spiritual development journey
- Seeking practical ways to improve their life balance and well-being
- Looking to create positive change in their personal or professional lives



## DESCRIPTION

In this one-hour lecture, Shiri Paamony-Eshel shares the foundational keys to life transformation. Drawing from her extensive experience in spiritual development, her studies in the Department of Consciousness and Human Potential, and her in-depth understanding of the mind-body connection, she offers participants actionable tools to find balance and begin improving their lives.



# THE TALK COVERS

- How life is a reflection of our inner selves and how to recognize when we're out of balance
- The power of silence and meditation as tools to realign and find harmony
- Insights from both spiritual practices and modern scientific research on how these tools impact well-being
- Personal anecdotes and examples that inspire and motivate attendees to take immediate action





# WHY THIS LECTURE ?

## Value 1

**Proven Effectiveness:** Blends the timeless wisdom of spiritual traditions with the latest research on mindfulness, meditation, and human potential, providing a grounded approach to change.

## Value 2

**Inspiration for Action:** The session isn't just theoretical—it provides practical steps that participants can apply immediately in their lives.

## Value 3

**Holistic Approach:** Attendees leave with a deeper understanding of life as a journey, how to regain balance, and key tools to improve their personal and professional growth.



# CONTENT BREAKDOWN



## 01 Opening Meditation (10 minutes):

- A brief guided meditation to help participants center themselves and prepare for the deeper insights to come. The meditation will focus on awareness and grounding, setting the tone for the lecture.

02

## Understanding Life as Reflection (15 minutes):

- An exploration of how life is a reflection of our internal states and why imbalance often signals a misalignment in our personal or professional lives.
- Explanation of how we can recognize these signs and start the process of realigning through self-awareness and mindfulness.



### 03 . The Power of Silence (15 minutes):

- A discussion on how silence, in various forms such as meditation or quiet reflection, can be a powerful tool to reset and restore balance.
- Integration of scientific research showing the benefits of silence and mindfulness for mental clarity and emotional regulation.
- Demonstration of silence in practice with a brief, silent exercise during the session.

### 04 Practical Tools for Realignment (15 minutes):

- Step-by-step guidance on how to integrate silence and mindfulness into daily life.
- Participants will be given “homework” consisting of practical tools and exercises to enhance their awareness and maintain balance in their lives, along with meditation practices they can continue after the lecture.

### 05 Q&A and Reflection (5 minutes):

- Open session for participants to ask questions, share their experiences, and discuss the tools they’ve learned.





## Why Book Shiri Paamony-Eshel for This Lecture?

- **Experienced Speaker:** Shiri has over two decades of personal and spiritual development experience, having worked as a healer, videographer, and radio host with a profound connection to life's deeper wisdom.
- **Unique Perspective:** Her studies at Maharishi International University combine the ancient wisdom of the Vedas with modern scientific insights, creating a distinctive and enriching learning experience.
- **Relatable and Actionable:** The tools provided are easy to implement in everyday life, helping participants not only understand themselves but also start making real, positive changes.





## Why This Lecture?

- **Proven Results:** The combination of spiritual wisdom and scientific insights provides a grounded, effective approach to life transformation.
- **Immediate Impact:** Attendees will leave with tangible tools to improve focus, reduce stress, and regain control of their lives.
- **Inspiration and Guidance:** Shiri's personal stories, combined with her spiritual expertise, provide inspiration for participants to begin making positive changes.



# INVESTMENT IN GROUP WELLNESS

## Why Invest in This Lecture?

- **Employee and Group Well-being:** This talk provides tools that can be immediately implemented to improve life balance, reduce stress, and foster personal growth.
- **Practical and Engaging:** Participants will not only listen but actively engage in exercises and leave with a personalized plan for continuing their journey.
- **Long-term Impact:** The skills and insights shared during the session have the potential to foster lasting change in individuals and teams.

## Value 1

A renewed sense of purpose and balance in employees or group members

## Value 2

An understanding of how inner balance positively affects work productivity, relationships, and decision-making

## Value 3

A holistic approach to employee or group wellness that supports both the individual and the team



# INVESTMENT IN GROUP WELLNESS



For companies and groups, this lecture offers an opportunity to invest in the well-being and personal growth of their members. By providing essential keys to life transformation, participants will gain a renewed sense of purpose, balance, and clarity, positively impacting their personal and professional lives.

Would you like to discuss further details or tailor the lecture to the specific needs of your organization? Let's schedule a call to explore how this transformative talk can benefit your team!



# Pricing for Group Lecture in Manhattan:



- Base Price: \$3,500 for a one-hour lecture, including guided meditation, practical tools, and interactive sessions.
  - Additional Options:
  - Customization of content for specific company needs: +\$500
  - Extended Q&A session (30 additional minutes): +\$750
  - Follow-up virtual consultation or mini-workshop for participants (optional): \$1,500

**Travel outside Manhattan will incur additional costs.**



# LOGISTICS:

- Duration: 1-hour lecture, with time for Q&A at the end
- Format: Available for live, in-person events or virtual presentations
- Audience Size: Flexible, suitable for small teams or large company-wide events





# CONTACT ME

**E-mail**

[shiripaamonyeshel@gmail.com](mailto:shiripaamonyeshel@gmail.com)

**Website**

[www.shiripeshel.com](http://www.shiripeshel.com)

**Phone**

+347-357-9983