

Lori Arnold

Helping moms win the long-game



SPEAKING TOPICS

Based on the book “Heads Up Mom: The early years with baby and toddler are a whole lot sweeter when you know what’s coming!”

1. Adjusting to motherhood: Critical info, not on how to take care of baby, but on the new life stage baby brings
2. Career considerations in the face of motherhood
3. From Mr. & Mrs. to Mommy & Daddy: Baby-accompanying marital shifts
4. New mom quick hits: tips to make life with a little, a little easier
5. God’s hidden work in motherhood: How becoming a mom makes us better
6. Have another topic in mind? Let’s talk!

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BIO

Lori is an always-learning Christian, former Division I college athlete & MBA-trained cubicle occupant, mother, personal trainer, volunteer, author, and get-er-done Type A. She is a ketogenic diet guru and macronutrient wizard due to her oldest daughter’s rare genetic disorder. After getting tripped up time and again on the mom-front, she dove into every resource and became a student of motherhood. In her new book “Heads Up Mom,” Lori provides front-line realities, encouragement, tips, strategies, and relentless candor to prepare you, not for how to take care of baby, but for the new life stage baby brings. You can find her at lori-arnold.com where her ongoing mission is to help moms win the long-game.

