

LIVING FORWARD WITH ELAINE

Elaine Lombardi

AUTHOR | SPEAKER | COACH



ABOUT ELAINE

Elaine Lombardi is an author, speaker, and coach helping women navigate their next chapter with purpose. Married more than 50 years, a mother of four, grandmother of ten, and great-grandmother of two, she has written eleven books, including the G.I.F.T.S. series, the caregiving memoir Hurricane Lucy, and her most personal work, The Messy Middle. She is the creator of the G.I.F.T.S. Method and the founder of Living Forward with Elaine, a platform dedicated to intentional living, lifelong learning, and building a legacy that matters. She speaks on caregiving, recovery, reinvention after the empty nest, and turning life experience into a story worth telling.

SIGNATURE KEYNOTES

The Gifts You've Been Given All Along — the G.I.F.T.S. Method, discovering the five gifts hiding in plain sight

Both Sides of the Bed — caregiving and recovery, giving care and receiving it, and what both reveal

Setting Sail — building a legacy after the empty nest, and the question that starts it

WORKSHOP TOPICS

Writing Your Story — overcoming the fear of writing your memoir and the practical path to publishing

It's Never Too Late to Begin Again — aging with purpose, a lighter, upbeat session for retreats and women's groups

AT A GLANCE

11 published books, including the G.I.F.T.S. series, Hurricane Lucy, and The Messy Middle

Creator of the G.I.F.T.S. Method (Gratitude, Intuitive Intention, Family and Friends, Treasured Wisdom, Self-Love and Care)

Certified Holistic Health Coach (Institute for Integrative Nutrition, AADP Board Certified)

Founder, Living Forward with Elaine, and host of the Living Forward Substack publication

Decades of speaking experience across health conferences, corporate wellness programs, and community workshops

PRAISE

"Elaine Lombardi takes you to a place that no one wants to talk about, yet we are either living it every day or will someday."

— Kim Robinson Neto, CHHC, author of Stop Surviving, Start Thriving

BOOKING & CONTACT

elainelombardi.com | elaine@elainelombardi.com

Speaking & Media page: elainelombardi.com/speaking-media