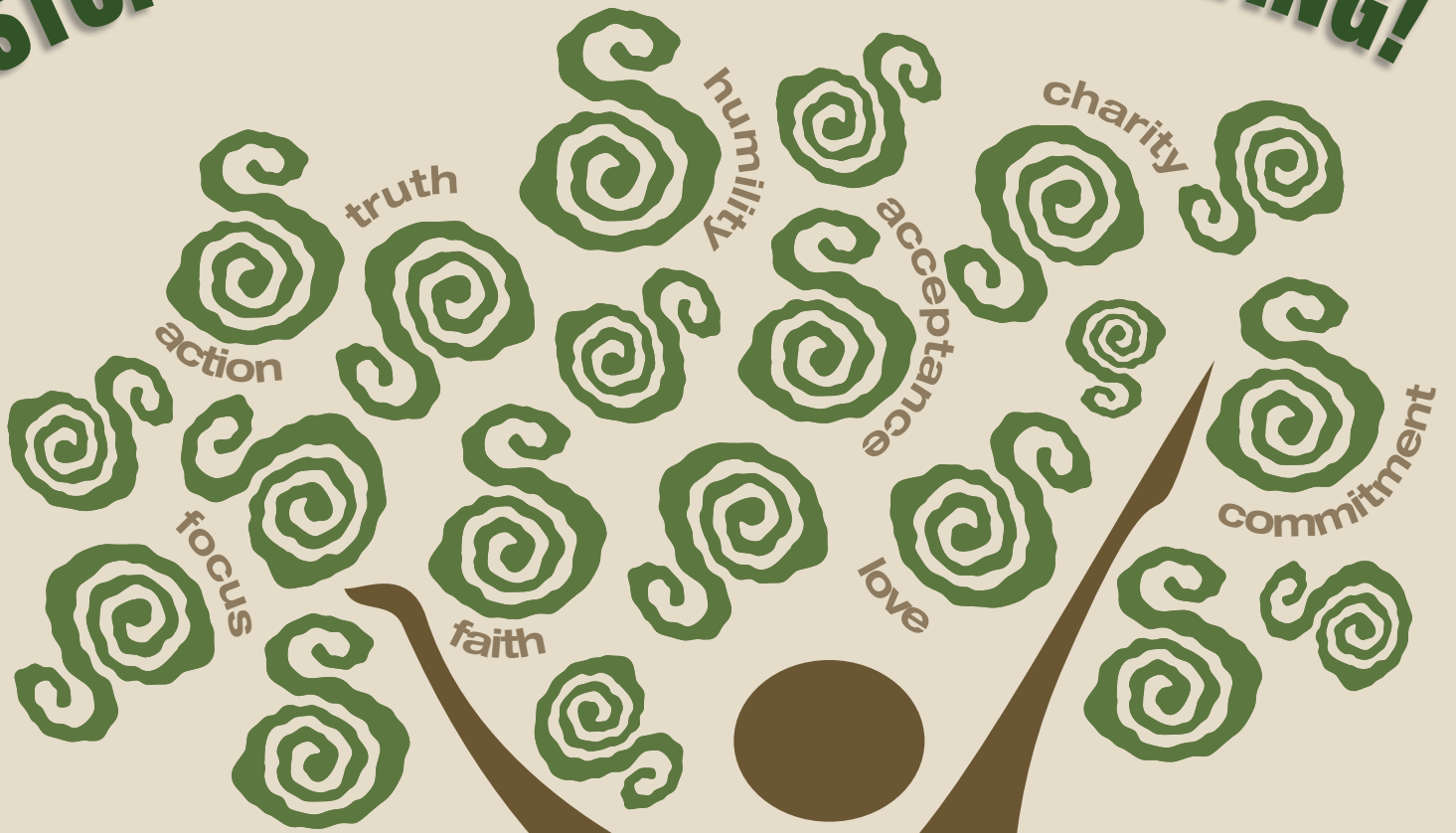


STOP SURVIVING AND START LIVING!



SIL LAI ABRAMS

Inspirational Speaker
and creator of

the **SEPIA** process

Self Empowerment Principles In Action

www.sepiaprocess.com

what is the **SEPIA** process?

The SEPIA Process is a nine-step self-help methodology comprised of the following spiritual principles: Truth, Acceptance, Action, Commitment, Focus, Faith, Love, Humility, and Charity.

Using nothing more than a pen and a piece of paper, this revolutionary method of self-inquiry can create a powerful change in the way that you think by radically transforming the way you view life, yourself and others.

Sil Lai Abrams gives practical advice on how to empower yourself, one simple step at a time.

~ Pierre R. Arty, Psychiatrist

In her dynamic presentations, Sil Lai shows you the importance of:

- Identifying the core beliefs that are preventing you from taking full-responsibility for your well being
- Beginning the process of self-acceptance and acceptance of others
- Creating an action plan for facing your challenges
- Making and keep your commitments
- Discovering your personal purpose
- Eliminating a fear-based belief system
- Redefining your perspective on love
- Creating healthy intimate relationships
- Developing an attitude of gratitude and humility
- Creating a mindset of abundance

Your impactful presentation on the Self Empowerment Principles In Action (SEPIA) Process was very inspirational and addressed many of the issues that our students face in their personal lives.

~ Tonya Guillory, Dean of Student Life & Activities
Howard University

benefits of booking **SIL LAI ABRAMS**

Inspiring Presentations

No boring monologues with Sil Lai. Her entertaining and thought provoking delivery style will inspire and captivate your audience, leaving them craving more.

Authenticity

Sil Lai gives practical and relevant information that touches your audience on a gut level.

Professionalism

With over fifteen years experience dealing with top-tier business professionals, Sil Lai understands that customer satisfaction is her ultimate goal.

the **9** SEPIA principles

Truth

Acceptance

Action

Commitment

Focus

Faith

Love

Humility

Charity

keynote **PRESENTATIONS**



Motivation

Stop Surviving & Start Living: Nine Simple Steps to Transforming Your Life

No More Drama author Sil Lai Abrams' life can be described in one word: miraculous. Born into poverty, she was addicted to alcohol by 14 and a runaway and high-school dropout by 15. While in her early twenties she embarked upon an exciting career in modeling, only to lose everything to her addiction to alcohol and dysfunctional relationships. Determined to change her life, Sil Lai quit drinking and eventually built an event planning business that counted A-list celebrities as her clients. Although talented and ambitious, she still sank into an unexpected depression fueled by materialism, a breakup, mounting debt and spiritual bankruptcy.

Today Sil Lai is a dynamic entrepreneur, author, magazine columnist and empowerment specialist. In this powerful presentation of hope she blends real life experiences with the practical spirituality of the SEPIA Process to inspire you to stop surviving from crisis to crisis and start living an authentic and inspired life!



Relationships

An Ounce of Prevention: Nine Steps to Cultivating Self-Love

There are millions who desire to be in a healthy, loving partnership but somehow keep ending up in relationships with the wrong person. If you have a pattern of getting involved with inappropriate or unavailable partners, it's time to stop focusing on what's going on with them and start focusing on what's going on inside of you. In this fun and engaging presentation, Sil Lai blends her personal relationship experiences with the nine-step SEPIA process to help you identify why you may be attracted to unhealthy relationships and how you can start developing fulfilling intimate partnerships. By sharing her past history of teen parenthood and domestic violence, Sil Lai brings to life the importance of self-love and how to identify an unhealthy relationship-before you get involved.



Career Development

From Passion to Reality: Nine Steps to Achieving Your Entrepreneurial Dreams

What is it that you are aiming for in your professional life? Is it fame and notoriety? A big paycheck? Or is it creative and financial freedom? Many of us have secret professional dreams that we don't know how to make a reality. Maybe we are afraid to leave the security of a present job for the possible reward of entrepreneurship because of a fear of failure. Or maybe we don't know how to raise the capital needed to make our business dreams come true. In this personal and inspiring keynote, Sil Lai shares how she was able become a dynamic entrepreneur, author, magazine columnist and workshop facilitator in spite of a paralyzing fear of failure, insecurity over her 9th grade education and lack of financial capital. With wit and candor, Sil Lai explains how you too can attain your professional goals through the use of the nine-step SEPIA Process.



College Students

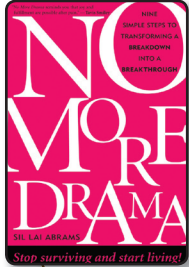
To Be Young, Gifted and Empowered: Helping Young Adults Discover Their Authentic Selves

In her general motivational speech for all college audiences, Sil Lai shares the SEPIA process, a simple method of self-inquiry that will empower you to transform your life one step at a time. Sil Lai shares the stories, tears and laughter that she has discovered in her search for answers to life's challenges. She helps young people discover paths that lead to lives with more contentment, balance, and direction. This program touches on many of the most critical issues facing today's young people: achievement, dating and relationships, careers and spirituality. Most of all, Sil Lai helps young people understand the importance of living with integrity. With practical tips for personal success, Sil Lai motivates students to try harder, aim higher, and create a better reality.

you have **NEVER** seen self-empowerment like this!



Men's Fitness magazine relationship expert **SIL LAI ABRAMS** is the author of the critically acclaimed book *No More Drama: Nine Simple Steps to Transforming a Breakdown Into a Breakthrough* and the creator of the revolutionary nine-step **SEPIA Process**. Her personal experiences of overcoming issues such as depression, addiction, sexual assault and domestic violence give her a unique perspective into the hearts of those struggling with their own disempowering and self-destructive behaviors. Sil Lai's unique ability to weave together spiritual teachings with engaging, real life stories has touched, inspired, entertained and educated audiences from all walks of life. An insightful and engaging media personality, she has been featured in national magazines such as Oprah, NV, Uptown, EBONY, Black Enterprise and Sister 2 Sister and has made frequent appearances on ABC, BET, BETJ, and Court TV as an expert on relationships, depression and suicide.



"I had the pleasure of meeting Sil Lai Abrams in Detroit, Michigan where she served as the keynote speaker for the Sister Speak™ luncheon series sponsored by Ebony and Pine-Sol. Sil Lai is a powerful keynote speaker and an inspirational force for individual improvement, inspiring, guiding and enabling individuals to become a better version of themselves."

~ Aniefre Essien, Associate Marketing Manager, Pine-Sol

PARTIAL LIST OF CLIENTS

Bayview Correctional Facility for Women
College of William & Mary
Delta Sigma Theta Sorority, Inc.
Dress for Success
EBONY Magazine
Inwood House
Long Island University
National Medical Association
New York City Parks and Recreation Department
New York Public Library
Safe Horizon
Shiloh Baptist Church-Plainfield, NJ

For more information on Sil Lai Abrams and the SEPIA Process visit www.sepiaprocess.com.
For booking information contact: booking@sepiaprocess.com or 347-227-8418

Stop & Start Living™
Surviving

keynote **PRESENTATIONS** con't



College Relationships

No More Drama! Nine Steps to Eliminating the Drama in Your Relationships AND Achieving Your Dreams

In this motivational speech for all college audiences Sil Lai shares the SEPIA process, a simple method of self-inquiry that will empower you to transform your life one step at a time. This program touches on many of the most critical issues facing today's young people, such as peer pressure, school/life balance and achievement while focusing on one of the easiest ways that students can be thrown off track from their studies: relationships. Sil Lai helps young people discover paths that lead to lives with more contentment, balance, and direction as she shares the stories, tears and laughter that she has experienced in her search for answers to life's challenges. Your students will come away from this presentation with practical tips on achieving a balance between dating and school, and will be motivated to try harder, aim higher, and create a better reality.

“

Sil Lai Abrams demonstrates the importance of trading in your self-defeating behaviors for a truly empowering life.

”

~ Sakina Spruell-Cole, Editor at Large, Black Enterprise magazine



Domestic Violence

Stripping Off the Mask: Domestic Violence Awareness & Prevention

While in her early twenties, Sil Lai endured physical, verbal, emotional and financial abuse at the hands of her second child's father. She is not alone. Nearly one-third of American women report having been physically or sexually abused by a husband or boyfriend at some point in their lives. The effects of these acts have far reaching consequences in our families and communities, with health-related costs exceeding \$5.8 billion each year, with nearly \$1.8 billion of that amount going towards lost productivity or wages. During this moving presentation, Sil Lai discusses the signs of domestic violence and how you can help protect your company and employees by increasing awareness and taking action.



Suicide Prevention

What You Don't Know May Kill Them: How Asking the Right Questions Can Prevent Suicide

Suicide is the 11th leading cause of death in the United States, with over 31,000 people dying annually from this preventable form of death. Primary care physicians (PCPs) are often the only caregivers to treat those suffering from depression or other mental health issues. Forty one percent of all prescriptions written for antidepressants are written by primary care physicians (Pincus et al., 1998).

Sil Lai was one of those who sought treatment for her mental health issues from her PCP, with catastrophic results. In this thought provoking presentation, Sil Lai shares her experience with attempting and surviving suicide to illustrate the importance of knowing your patient's history before prescribing psychotropic medication.