



LUKE HARLAN

MINDSET FREEDOM

TRANSFORMATIONAL COACH & SPEAKER



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Luke Harlan is a well sought-after Transformational Mindset Coach and Speaker freeing people from the common myths, misconceptions, and limiting beliefs holding them back from becoming the best versions of themselves to thrive in every area of life.

His powerful coaching and engaging speaking platform, *Mindset Freedom*, empowers you to make the necessary shifts in your thinking to operate from a framework of self-awareness, accountability, belief and aligned vision to achieve your goals with absolute clarity of purpose and direction.

Luke absolutely believes in the untapped potential and greatness that resides in all of us. He is obsessed with helping those ready for more to embrace and unleash their true potential. He blends his creativity, humor and real world experience with absolute candor and compassion to awaken, inspire and empower his audience.

When not serving others as a coach, speaker, and thought leader, Luke enjoys time with his teenage sons, being involved with his community as well as keeping fit with weight training, running and outdoor activities.

“The significant problems we face cannot be solved by the same level of thinking that created them.” – Einstein

Suggested Topics

- Why We Find Self Improvement So Difficult
- How To Let Go Of Limiting Beliefs And Free Your Mind
- How To Unlock Your Natural Confidence & Overcome Fear
- How To Deal With Criticism (From Yourself & Others) And Flourish
- The Difference Between Having Goals And Setting A Vision
- How Cognitive Distortions (And What They Do) Keep You Stuck
- Why Self-Improvement Is Impossible Without Self-Awareness

Suggested Questions

- What exactly is a Mindset Coach and what do they do?
- What is self awareness and how do I use it?
- What does it take to live your best life?
- What is holding most people back from success?
- What is the difference between success and fulfillment.
- In what ways is failure a good thing?
- What is Mindset Freedom?