

Dr. Toni LaMotta

The Inner Compass Coach

“The Vows We All Take: *Reclaiming Your Inner Compass*”

*From the convent to the coaching room —
a journey from silence to self-trust.*



After **16 years living under a vow of obedience in a convent**, Toni discovered something profound: ***we all take vows of obedience*** — to family expectations, corporate culture, perfectionism, or relationships where our voice gets smaller. In this transformative keynote, she shares her journey from silence to self-trust and reveals the system that has helped hundreds reclaim their inner authority.

YOUR AUDIENCE WILL LEARN

- How to distinguish true inner guidance from fear, conditioning, and external pressure
- The 6-pillar system for transforming from external validation to internal navigation
- Why your past patterns aren't mistakes — they're your curriculum for transformation
- Practical somatic techniques to transform fear into clarity and courage
- How to make aligned decisions with confidence, even in uncertainty

PERFECT FOR:

Women's Leadership

Corporate Wellness

Coaching & HR

Personal Development

Executive Retreats

Faith-Based Orgs

Entrepreneur Communities

Healthcare Professionals

“Toni LaMotta is one of the most dynamic speakers with great presentation skills and audience engagement. I highly recommend to have her as a speaker for your upcoming events.”

~ Iman Aghay, International Speaker and 10 Times Best-Selling Author

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pathstotransformation.com

Why Book Dr. Toni?

The Inner Compass Coach • tonilamotta.com

UNIQUE PERSPECTIVE

16 years in religious life gives Toni unparalleled insight into obedience, authority, and the journey back to self-trust. Her story is immediately unforgettable — unlike anything your audience has heard before.

PROVEN METHODOLOGY

Trained in 6 evidence-based methodologies spanning 20+ years — somatic neuroscience, shadow work, conscious visioning, and the Enneagram — she delivers lasting transformation, not just inspiration.

DEEP & RELATABLE

Toni weaves vulnerable storytelling with actionable insights. Audiences consistently feel deeply seen, heard, and equipped with real practices they can use the same day to access inner clarity.

IMMEDIATE APPLICATION

Every session delivers practical somatic tools rooted in spiritual psychology and neuroscience. Participants leave with practices they can use immediately to make aligned decisions with confidence.

WHAT PEOPLE SAY

Toni is an incredible speaker who delivers thought-provoking content with warmth. Her ability to connect is impressive, and you'll eagerly invite her back.

— **Naomi Karten**

Author & Speaker

I am still getting phone calls about your program. Thank you for making our last event such a success! The response was overwhelming. Hope to see you again soon.

— **Jim Boyd**

New England DATA Group

You are truly an exceptional presenter! You made everyone think, you were entertaining and chock full of content. The evaluations were completely off the charts.

— **Elaine Colvin**

ANNA Symposium

ABOUT DR. TONI LAMOTTA

As a transformation coach and speaker, **Dr. Toni LaMotta** guides high-achieving professionals who've spent years following external rules back to their inner compass. Her unique journey — 16 years in a religious convent followed by decades of transformational coaching — gives her an unmatched perspective on obedience, authority, and reclaiming your own voice.

Trained in powerful methodologies including **somatic fear release**, the **Spiritual Enneagram**, **intuitive guidance**, **shadow work**, and **conscious visioning**, she created the **Inner Compass System**: a 6-pillar integrated approach that has transformed hundreds of lives worldwide.

Her work combines spiritual depth with practical neuroscience, making ancient wisdom accessible for modern leaders. She lives in Sun City Center, FL and works with clients worldwide through her virtual coaching practice.

Somatic Fear Release

Spiritual Enneagram

Shadow Work

Conscious Visioning

Quantum Living

Intuitive Guidance

Book Dr. Toni for Your Next Virtual Event

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