

"Are You Paying the Price for NOT Paying Attention to The Secret Ingredient That Makes for a Happier, Healthier Life, a Better Work Environment, Lower Healthcare Costs & Higher Profits?"

And if your members or employees aren't taking care of themselves, then they aren't working at their best. And if they aren't working at their best, then you ARE paying the price.

Maureen delivers stellar presentations on the following topics:

Self-Care Secrets of Highly Successful Women: 7 Strategies for Making It All Fit
"Later" is never going to bring you results NOW. Today is the day to begin prioritizing yourself and your health. In this powerful address, Maureen speaks to putting yourself first and still getting everything else taken care of. Maureen's strategies for Making It All Fit will help attendees take responsibility for themselves and their success--at home and at work.

How to Thrive (In Spite of Yourself): A Busy Woman's Guide to Getting Real about Stress, Work, and Life

There's no such thing as Super Woman. In today's competitive business world, the never-ending expectations placed on women to take care of things at home AND at work are overwhelming. But it doesn't have to be like this. When Maureen Gets Real About Stress, Work, and Life participants will discover ways to Make It All Fit and experience REAL strategies that deliver Real results.

(This program may be customized to share with male and female audiences and is titled How to Thrive (In Spite of Yourself): A Busy Professional's Guide to Getting Real about Stress, Work, and Life)

Your Body's Not-So-Secret Messages: Learning to Decode Them for Greater Health, Performance & Productivity

Rather than go nowhere fast trying to follow all the contradictory advice about food and diet, Maureen advocates paying attention to the not-so-secret messages your body is giving you, which most of us have ignored for so long we don't even recognize anymore. Attendees will leave this session motivated to begin noticing what habits and patterns they know from their own experience actually do promote Greater Health, Performance & Productivity in their life.



"Maureen's message is one that every American needs to hear. It is fresh, unique, and a major shift from how we typically think about health and wellness."

- Wendy Garrido
BA Psychology & Economics | University of Chicago

