



# Stephanie Marston

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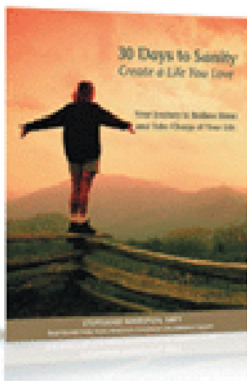
[FAQ's Speaking Programs](#)

- Is America's foremost life balance expert.
- Is the author of three best selling books: *30 Days to Sanity: Create a Life You Love; Chicken Soup for the Soul's Life Lessons for Women, and If Not Now, When? Reclaiming Ourselves at Midlife.*
- Has been a guest on **The Oprah Show, The Today Show, The Early Show** and **CNN Headline News.**
- Is a licensed psychotherapist with more than 25 years of experience in the field of work/life balance.

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Stephanie is dedicated to providing people with the tools that reduce stress, balance work and family and make time for what truly matters.

She has delighted audiences from Montreal to Memphis with her innovative, highly effective strategies for a more balanced life. Embraced by both men and women, her diverse client list spans from The Mayo Clinic to the H.J. Heinz Company. Stephanie presents a wealth of inspiring insights and innovative tools to make small, easy-to- implement changes that will have a big impact both at work and at home.



## Bust Stress Boost Success

**30 Days to Sanity:  
Strategies to Reduce Stress, Increase Productivity and Live  
a Meaning-Driven Life**

Stephanie Marston works with people to improve the quality of their lives, work and relationships. She teaches participants how to achieve greater productivity and success while balancing the competing demands in their complicated, stressful lives.

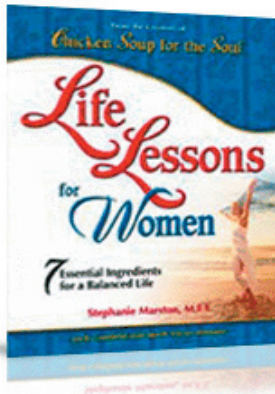
The insidious drain that stress causes on effectiveness and well-being suggests that teaching employees how to reduce stress has a direct effect on the bottom line. A recent USA Today survey found that 75% of CEO's and 88% of middle managers listed balancing work and family as a major concern. Lower stress levels can result in greater productivity, less absenteeism, and fewer health problems. Companies who excel at addressing life balance needs will have a recruiting and retention advantage.

Marston, one of the country's leading experts on workplace issues, shares the results of her latest research on what today's employees really want and how companies are adapting to meet those needs. This program will not only increase the energy, enthusiasm, stamina and creativity of your employees, it will also promote a culture of satisfaction--an essential program for companies looking to retain their best and brightest.

Stephanie's programs provide solutions that are practical, lasting and highly effective. She teaches people to make small, easy-to-implement changes that will have a huge impact both at work and at home. Stephanie presents strategies that can be incorporated into the busiest schedules.

### **Employees Gain Strategies To:**

- Increase Effectiveness while Improving Job Satisfaction
- Have Clearer, More Realistic Expectations and Achieve Their Goals
- Set Limits and Use Their Time More Effectively
- Recognize their Strengths, Promote Their Best Assets and Increase Their Self-Confidence
- Build Stronger Professional Relationships and Increase Team Work



## Chicken Soup for the Soul's Life Lessons for Women

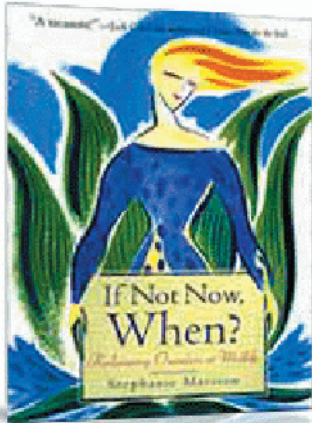
Whether you're a stay-at-home mom managing a household, a career woman balancing work and family, a single mom who is trying to fill in all the gaps, or a woman who is simply tired of feeling like she's living an overloaded existence, Life Lessons for Women will unveil sensible secrets to help you. These secrets will help you to value yourself, experience true satisfaction and find time to live with more joy, vitality and peace in the midst of a chaotic world.

This program will provide participants with the practical tools to make time for what truly matters and find balance and fulfillment in their complicated, stressful lives. The simple techniques and powerful messages will be remembered and used for years. This program is educational, inspirational, motivational and great fun.

Participants will learn how to lead more fulfilling lives, become more successful in their careers, enjoy more satisfying relationships, become more self-confident, and experience a greater sense of well-being.

### **Participants Will Learn How To:**

- Define Their Priorities and Adjust Their Schedule to Reflect Their Values
- Get Real About What They Can Actually Expect of Themselves
- Recognize Their Strengths & Build on Them
- Set Limits So That They Can Better Balance the Competing Demands in Their Everyday Life
- Bust Their Stress



## If Not Now, When? Reclaiming Ourselves at Midlife

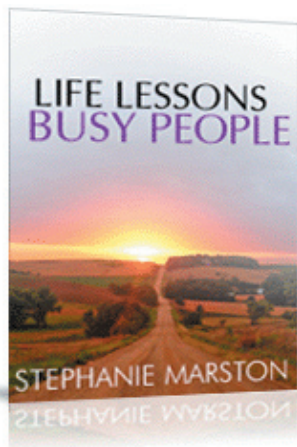
“Who am I really? What do I love? What are my own real needs and dreams?” These are just some of the defining questions women are asking.

Midlife is a wake-up call that requires that we pay attention to where we stand in our lives. It is a time of intense reevaluation. Yet it is also a time of immense opportunity. It is a time from which every woman can emerge a new person.

This transition is often characterized as a time of crisis, but it's more accurately a time of immense growth and renewal. With no maps for this second adulthood, this experiential program will provide a supportive environment in which women can explore how to make midlife one of the best times of their lives. The powerful messages will be remembered and used for years. This program is educational, inspirational, motivational and great fun.

### **Women will learn how to:**

- Become More Consciously In Charge of Their Lives
- Rediscover Their Strength, Passion, Vitality and Wisdom
- Banish Their Guilt Demons and Set Limits
- Reap The Gifts of Midlife
- Reconnect with the Authentic Self



## Life Lessons For Busy People

Today, in our face-paced culture, there's a greater need to reconnect with what's most meaningful to you and achieve greater productivity and success while balancing the competing demands in your complicated, stressful life.

Ms. Marston offers powerful, innovative, practical tools to reduce stress, balance work and family and make time for what truly matters. Experience true satisfaction, joy and fulfillment as you switch from being stressed, unfulfilled and overworked to living a life you love. Through easy-to-apply Sanity Saving Solutions and exercises you will learn how to:

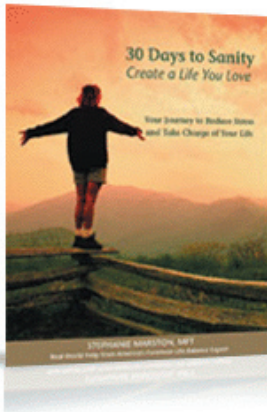
- Be More Productive at Work while Creating Greater Harmony at Home
- Define Your Priorities and Adjust Your Schedule to Reflect Your Values
- Achieve Success Without Compromising the Quality of Your Life
- Set Limits to Better Balance the Competing Demands in Your Everyday Life
- Bust Stress
- Get Real About What You Can Actually Expect of Yourself
- Build Stronger Relationships

*Life Lessons for Busy People provides solutions that are sustainable, practical, and highly effective--real-world help from America's foremost Life Balance expert.*

This presentation is also offered at spousal programs.



## 30 Days To Sanity



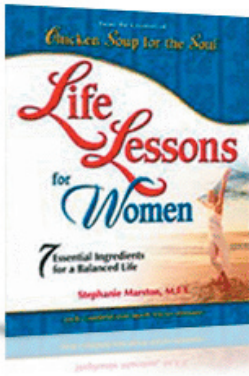
Reconnect with what's most meaningful to you and achieve greater productivity and success while balancing the competing demands in your complicated, stressful life.

30 Days to Sanity contains powerful, innovative, practical tools to reduce stress, balance work and family and make time for what truly matters. Experience true satisfaction, joy and fulfillment as you switch from being stressed, unfulfilled and overworked to living a life you love.

"Success is right around the corner for women trying to get off the treadmill of frustration. If you feel like you're running but getting nowhere in life, then 30 Days to Sanity is the perfect program for you. The step-by-step format allows you to connect to the inner you with practical tools you can implement today! You control your future and Stephanie Marston provides the pathway for you to travel."

- *Maria Bailey*, Founder, **BlueSuitMom.com** and Host, **Mom Talk Radio**.

## Chicken Soup for the Soul's Life Lessons for Women



**Life Lessons** is a true self-help book. Whether you're a stay-at-home mother managing a household, a career woman balancing work and family, a single mom trying to fill all the gaps, or simply a woman tired of feeling tired,

*Life Lessons for Women* is for you. Through stories and advice, this book will unveil sensible secrets that will help you value yourself, savor everyday experiences, and find time to live with more joy and peace in a chaotic world.

"I love this book...No woman can afford to miss *Life Lessons for Women*."

*Cynthia Kersey*, author of **Unstoppable Women**

## If Not Now, When? Reclaiming Ourselves at Midlife



Midlife is a wake-up call that requires that we pay attention to where we stand in our lives. It is a time of intense reevaluation. Yet it is also a time of immense opportunity. It is a time from which every woman can emerge a new person.

Now, in one of the first books to address the spiritual, emotional and psychological dimensions of this profound life stage, acclaimed family therapist Stephanie Marston will act as a "midwife" to make this rite of passage meaningful and transformative.

"A treasure! This wonderful, compassionate guide will change the way women think about this time of their lives. A must read for every midlife woman."

*Jack Canfield*, coauthor of **Chicken Soup for the Soul**

### **Los Angeles Department of Water & Power**

"My most challenging task in trying to write this letter is putting down words of praise equal to your program. Your presentation was one of the best the organization has ever had.

The information you provided will help us do more than just survive the ever-changing environment that we work in today. It will help us better understand and enjoy our work and the people we work with. It will also allow us to be more creative and productive employees and better parents and spouses. I can't thank you enough for all you've done."

- *S. Speth*, **Employee Services Specialist**

### **Toyota Motor, Inc.**

"It is my great pleasure to recommend Stephanie Marston for your next conference. Stephanie proved to be a real motivator and excellent speaker. Her presentation was clearly organized, direct, fun and she gave vital information to the attendees. Stephanie's knowledge and accomplishments truly made her workshop a tremendous success."

- *N. Wells*, **Community Relations Specialist**

### **H.J. Heinz Company**

"Thank you for the dynamic presentation you delivered to the women of Heinz. We received so many positive responses that it was impossible to keep up with all of them.

Stopping to listen to your engaging stories truly helped us to realize how important a balanced life is. Most importantly thank you for providing some beneficial strategies for getting us there quicker.

Hope to benefit from hearing you speak again in the near future!!"

-*D. Zeliesko*, **VP Global Diversity**

### **Chicken Soup for the Soul**

"I have known and worked with Stephanie for more than 20 years. Stephanie is a dynamic, informative, inspiring speaker and I highly recommend her for your next conference, luncheon or seminar. You can be sure that she will be a valuable contribution to your event."

—*J. Canfield*, **CEO, Chicken Soup for the Soul Enterprises, Inc.**

### **WellSpan Health**

"Stephanie Marston served as the featured keynote speaker for the opening ceremonies of a new women's center by WellSpan Health. Ms. Marston delighted more than 600 women through her candid and entertaining exploration of the joys and challenges of being a woman. By sharing her personal stories and perspective, Ms. Marston established a wonderful connection with those in attendance. I am confident that Ms. Marston would provide the same caliber of insight to any group interested in leading a more fulfilling life."

-R. Ayers, **Director, Public Relations and Communications**

### **Jackson Lewis Attorneys at Law**

"Your presentation gave all 100 of us lawyers things to think about in how we can balance our lives. You would be pleased to know that since the conference I have heard you quoted by some of the participants and everyone continues to talk about how great it was to have you as our luncheon speaker. You added something very special to our conference."

-E. Bloom, **Attorney at Law**

### **Porter Foundation Nurses Event**

Thank you for being such a vital part of our Nurses' Week Celebration. Having this opportunity to bring the passion back into our lives was a much needed break for our attendees. I also would like to share my appreciation for your willingness to speak with our local newspaper to set the mood regarding an eagerness for your arrival. Our attendees also appreciated your personalized signature of their books."

-L. Livengood, **Foundation Secretary**



I am pleased and thrilled to be a part of your event. Please let me know if there is anything extra I can do to make this day a success.

### **Travel Guidelines**

**Hotel:** Please secure a smoke-free room, with two double beds, with guaranteed late arrival the evening before the presentation.

**Transportation:** I will arrange full coach air travel and send you the itinerary. If possible I will prorate the cost with other clients. Expenses will include airfare, meals, ground transportation to the airport in both cities, and gratuities.

Please arrange for someone in your organization to provide ground transportation or send a sedan car service.

Please send my office the confirmation number after arranging for prepayment.

Please let me know if there are any pre-event meetings/dinners that you want me to attend, travel permitting. I enjoy getting to know the attendees and often find new ways to customize my program.

### **AV Requirements**

I need a wireless lavalier microphone.

I may ask for a wireless handheld microphone for audience participation depending on the size of the group. If I use slides I will need an LCD projector. Some of you may be asked to download the slides. (I will give you a password. Just click Download)

### **Handouts**

Handouts for the participants are complimentary.

### **Life Balance Resources**

Many clients prefer to pre-buy books and/or CDs to give to each participant at the event. If you would like to purchase books in large quantities, please contact me for details: 505-989-7596.

### **Book Signings**

A book signing after my program is an ideal way for me to connect one-on-one with the audience members. I consider the book signing an integral part of my program. It allows the participants to relate their success stories or to ask personal questions.



has conducted national and international seminars for more than 50,000 employees, corporate executives and women. Fortune 500 companies, global corporations, women's and health-care organizations, and professional associations have sought her expertise to help them reduce stress, increase productivity and create a culture of satisfaction for their employees.

Stephanie is a licensed Marriage and Family Therapist with more than 25 years' experience in the fields of work/life balance and women's issues.

### CEU Objectives and Requirements

For those applying for CEUs, here are the objectives and time frames and teaching methods:

For a 60-minute program the participants will be able to:

1. Identify new approaches to life balance (5 minutes/lecture)
2. Recognize the barriers to finding balance in their lives (5 minutes/lecture)
3. List at least three practical strategies that will help them stay connected to what truly matters (lecture/small group discussion, 45 minutes)
4. Acknowledge the important connections they have made that contribute to productivity and positive relationships at both home and work (lecture/one-on-one discussions, 5 minutes)

For a 90-minute program, add the additional time to the third objective.

For more information, please call 505-989-7596.

### Photos

High-resolution photos of Stephanie Marston are available for download at: [www.stephaniemarston.com/booked.html](http://www.stephaniemarston.com/booked.html)

**Q: How do you define success?**

A: I guarantee a high-energy, dynamic program that is full of humorous, poignant stories and ideas that will change participants' lives. However, the success is not tied to my performance. I measure the success of my programs by what the audiences does weeks, months and years after my program.

**Q: What are the unique strengths of your life balance programs?**

A: The programs focus on innovative, practical, strategies that are effective regardless of age, gender, marital status, children, or occupation. The greatest strength is that the strategies can be adapted to any life style and continue to work for years after the event. I guarantee that people will leave armed with tools they will actually use. The high- energy, interactive, humorous presentations connect people throughout the entire meeting. I teach people to make small, easy-to-implement changes that will have a big impact both at work and at home. I present strategies that can be incorporated into even the busiest schedules. In addition, the topic encourages spouses and partners to fully participate and feel like an integral part of the event.

**Q: The committee agrees that women will like the program, but will men relate to the ideas as well?**

A: Absolutely! As a CEO of a financial company commented to me after my program, "This was not a chick talk. I loved your speech because you gave us solutions--you know, men like solutions." My experience has been that men are ready to make changes in their own way to achieve more balance. For those who disagree, I believe they are seriously underestimating men.

In a study released by University Communications it was reported that 48% of men listed "having a life outside the office" as among their three most important goals, topping all others, including "building a sound financial base," "having influence over corporate strategies," and "reaching management levels." In other words, men can benefit from this program as much as women.

**Q: Our company is very profit-oriented. Does your approach make good business sense?**

A: A USA Today survey found that 75% of CEOs and 88% of middle managers listed balancing work and family as a major concern. More than 40% of employee turnover is due to job stress. This year, for the first time, male graduates of MBA programs listed work-life balance as their most important career goal.

Companies that excel at addressing the life balance needs will have a recruiting advantage because never before have we needed a workforce to perform at such highly productive and efficient levels. Futurists predict that the United States will have a shortfall of 10 million workers in the next five years. With unprecedented degrees of change, fierce competition and narrowing profits on a global basis, balancing our work and personal life has never made better business sense.

**Q: How long are the programs?**

A: My keynote presentation is 45-90 minutes. I also present half-day and all-day programs. I often present the opening keynote and then conduct a panel discussion with key audience members. I also offer break-out sessions and/or present the closing session.

**Q: Can you conduct interactive programs?**

A: Interactive programs are my favorite! The audience members inspire one another with their insights and creative ideas. Shoulders relax and camaraderie builds as participants, colleagues and business associates learn how much they have in common.

**Q: Do you customize your programs?**

A: Yes. I will talk with you prior to your event to determine your group's unique needs. Most importantly, however, the presentation uses universal principles that capture the imagination of the countless different lifestyles in the audience. Whether the attendees are single, married, widowed or divorced, whether they have big, little, grand or no children, whether they work inside or outside the home, as front-line employees or CEOs, my goal is to have each person feel that I am talking directly to them. My most common comment after my program is, "Did you secretly hide a video camera in my office/home? You described my life perfectly!"

**Q: What about the diversity of the groups you address?**

A: I have spoken to groups around the world. My books are published in Arabic, Chinese, French, Italian, Dutch, German, Korean, and Slovak. They are distributed from England to Australia, to the Czech Republic, to Singapore and in Canada. The desire for life balance is clearly universal.

**Q: We'd like to do something a little different at our event. Is that possible?**

A: Yes! A unique and effective way to tie the message directly to your organization is to have me facilitate and/or participate a panel discussion with key members of your organization, following my keynote address. If this is of interest, I'd love to explore this opportunity with you.

**Q: Why is a book signing after your program such an advantage?**

A: A book signing with the program is an ideal way for me to connect one-on-one with the audience members. Many people feel compelled to tell me what points really hit home and what they specifically plan to do. These conversations often provide the additional support and encouragement to further inspire participants to implement the needed changes in their lives.