How To Flow Through Change

with Grace and Ease!

Are you someone who embraces change and actually thrives from it?

Or do you tend to fight it ... flee from it ... or freeze when confronted with change?

Would you like to be more adaptable, graceful and peaceful?

Change is happening all around us all the time.

It often feels like it’s happening TO us and we have no control. It may be a change in your personal life ... marriage, divorce, retirement, or a new baby. Things are changing more rapidly than ever in our high tech world. At work they expect you to take on more and more, the news upsets you, and the future feels more uncertain than ever!

In this presentation, you’ll discover the 3 tools to successfully navigate change that hundreds of Mary’s clients have used to overcome tremendous challenges and make amazing life transitions.

You will learn:

• Why change feels like you’re swimming upstream and why that’s OK!

• Ways to create a mindset so you glide like a swan even in the most turbulent of times.

• How to surround yourself with people and practices that help keep you afloat.

Mary’s mission in life is supporting women who are experiencing a significant life transition, such as divorce, midlife “crisis”, or job loss. She’s a dynamic and engaging speaker who connects with her audiences profoundly.

Women leave her presentations inspired... with the courage and tools to make the necessary changes... so they’re energized and passionate about what lies ahead.

She’s a Life Transitions Expert and Clinical Social Worker who specializes in teaching women how to manage the emotions and overwhelm, develop a positive mindset and implement behavioral change, so they can start taking action and move confidently toward the next chapter in their lives.

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FOR MORE INFORMATION OR TO BOOK MARY
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