

Mary LoVerde

Authority on Life Balance

With Whom Should You Connect? When the stresses of life and work begin to pile up, answering one simple question is the antidote: With whom should I connect? Connecting with the people who matter in your life is the way to create balance. Even in troubling economic times, we can at least have confidence that things move in cycles: business will always come back. But health, relationships, marriages, and other vital aspects of life will not necessarily return. Mary LoVerde shows audiences how to maintain these more fragile aspects of life as we wait for the business cycle to come back around.

Do the Hokey-Pokey. Calling on the parallels between dance and life, LoVerde takes audiences through a whirlwind program that takes specific aspects of dance and applies them to the challenges and obstacles we face in trying to live a balanced and healthy life. With the firm belief that you don't have to be good at something to be passionate about it, she shows people how to fall back on their "basic steps" when the going gets tough. Identifying the fundamentals of your life that make you happy and keep you sane and making sure that you return to those fundamentals is the surest way to succeed in the dance of life and be happy doing it.

I Used to Have a Handle on Life But It Broke. Working 24/7 and still can't get it all done? Most of us feel that the only way to manage the mounting chaos in our lives is to take control. If only we could get a handle on life! No wonder we have overwhelming to-do lists that leave us feeling exhausted and powerless. In this heartwarming and funny program you'll learn straightforward, innovative techniques for keeping your balance no matter what life throws your way.

Stop Screaming at the Microwave!: How to Connect Your Disconnected Life. You're organized, prioritized, delegated, and simplified, and you still don't have enough time for your family, your spouse, your friends, your boss--much less yourself. You're a veteran of the time-management wars, fighting for the life balance ideal--and you are losing! In this humorous and fast-paced presentation you'll learn a new approach for keeping your life in balance with the Connection Solution. You will leave armed with practical, innovative "works in real life" ideas you will want to implement immediately.

Keeping Your Life in Balance When Cloning Yourself Won't Work. The old ways of balancing our lives focused on how to do more: work harder and faster. We've learned the hard way that what we have tried hasn't worked. We are busier than ever. In this fun and idea filled program you will come to realize that even though life is whizzing by, there are specific strategies that can bring more harmony into your home and work life--strategies that work equally well with both men and women. If you are black and blue from juggling, it is time for the New Approach to Life Balance.

The Power of Paying Attention. We are rewarded for overworking, over-scheduling, and being overwhelmed. It's a common approach but one that slows productivity, increases absenteeism, raises healthcare costs, and causes us to ache. The only thing that can reverse this is to tap into our power to pay attention. In this unique twist on what really works, you'll see a better way to reach your goals and feel good at the same time.

Are You Planning an Event with a Healthy Heart Theme? Heart disease is the leading cause of death for

women. Our language suggests how strongly we believe in the emotional impact on our hearts. We use phrases like "staying young at heart," "She died of a broken heart," "The Lonely Hearts Club," and "She is so warm-hearted." Research clearly shows that how we "feel in our hearts" plays a major role in our well-being. The message of "connection creates balance" inspires women to take good care of their hearts--in every sense of the word.

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