

*Practical skills to nurture change, growth and prosperity*

Lee Ann Szelog

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### Lee Ann Szelog's most popular presentations

***The Art and Power of You.*** Each of us has the power to positively impact those around us and truly make a difference. In truth, most individuals give so much of themselves, their talents and their resources to clients and coworkers that there is very little energy left to share with family and friends. By focusing on the difference you make on a consistent basis with everyone you encounter, you can fuel your own energy, maintain momentum, and enhance communication and relationships. In this session, you will discover the opportunities that exist to take control of your life, renew your energy and positively influence all the people you encounter at work, at home and beyond. The result is greater self satisfaction and living a more fulfilling and purposeful life. When you give so freely of yourself to others, you should be able to enjoy life to the fullest extent possible!



***Are You Ready?*** What do you do to get ready for work each day? What do you do to get ready for life every day? This powerful presentation provides a fun, refreshing and interactive look at “getting ready” for work and life, and provides tools and techniques to ensure you are ready to communicate positively, adapt productively and persevere resiliently. At the conclusion of this program you will have the insight and inspiration to reach a new level of determination and success, allowing you to enhance relationships and maximize potential, positively contributing to your overall happiness..... simply by being ready at all time.

***Make these Selfies stick!*** According to Wikipedia, a selfie is “a self-portrait photograph, often shared through social media. They are usually flattering.” Selfies are a great reminder of how important the impressions we make on others are. Whether you are communicating through social media, in person, or via phone, email, or writing, in order for you to give a “flattering” impression you must have great **self-awareness**, **self-respect**, **self-pride**, **self-care**, and **self-control**. This workshop takes a lively and introspective look at each of these selfies. Since selfies are “all about me,” the selfies discussed in this program, when implemented, will enhance your communication, strengthen relationships, and significantly impact your success, happiness, prosperity, and.....yourself!



***Happy Hour.*** This is not your ordinary Happy Hour; it's better! This Happy Hour will help you discover and maintain a healthy, positive and productive outlook, renew your spirit and provide tips to sustain momentum and motivation. You will rediscover your happiness, enhancing your overall quality of life and we will have loads of fun!



### *Managing Time So It Doesn't Manage You!*

- Have you ever looked at your growing to-do list and felt overwhelmed because you didn't know where or how to get started?
- Have you ever gotten to the end of a busy day and realized that you weren't very productive and only accomplished a fraction of what you had hoped to do?
- Do you sometimes feel like you have too much to do and not enough time to do it all?
- Are you putting important things, like family and personal pursuits, on hold because there's too much work to be done?
- Do you waste too much time each day getting distracted with low priority busywork or diversions like checking your email or surfing the web?
- Do you have too many competing priorities pulling you in different directions leaving you feeling tired and stressed?

If you answered YES to any of these questions, this workshop is for you!

This workshop will help you learn how to focus on priorities and learn techniques to manage your time and energy in the manner that's most meaningful to you and to help contribute to the success to which you aspire. The skills and tips gained can be applied, personally and professionally, providing you the opportunity to enrich the overall quality of your life.

Regardless of where you are on the continuum of professional development, this program will impart valuable concepts to help you manage your energy, thereby controlling your stress.

***A Balancing Act*** Learn how having the right attitude and taking responsibility can contribute to better balance in your life and increased happiness, wellness and prosperity. With some easy-to-use tools and concepts you will discover how to enrich the quality of life, both personally and professionally by finding balance in your life.



***Balancing High Tech with High Touch:*** The art and power of the human spirit is more important than ever to leverage and maximize investments in technology, marketing and people. It requires balancing people with technology and high tech with high touch to maximize growth, productivity, quality and profit. With technology overwhelming our senses, human relations is becoming a dying art. However, as humans we still crave interaction with people and an emotional connection that makes us feel valued.

This program helps participants understand how much influence they have on others (customers, patients, clients, co-workers, community members, family, and friends) through the way they communicate. Participants realize the powerful and positive impact they can have on everyone with whom they come into contact, resulting in higher levels of customer service, more success with sales, enhanced problem-solver skills, and the ability to nurture better relationships with co-workers – as well as family and friends.

## Lee Ann Szelog's most popular presentations CONTINUED



***Yippee, it's a New Day!***<sup>®</sup> You will learn how to embrace each new day with positive energy before your feet hit the floor in the morning, contributing to enhanced productivity, efficiencies, communication, and your overall success and happiness. In today's competitive environment, everyone is expected to do more with less, but in this day and age, that can be more challenging than ever. The great news is that with the proper focus, perspective, tools and skills, you can consistently maintain both a positive and productive attitude and behavior.

***Communication Gaps and Teamwork:*** Group discussions and interactions to understand communication gaps, how to avoid them and understand the various perspectives that get in the way of good communication. Learn a powerful technique that helps individuals control and maintain productive and positive communications. Discover how to communicate clear expectations and how to balance communications via technology and in-person.



***The Best of the Best Tips for Professionals*** Don't have much time, but are in search of the best tools and tips to improve communication, manage time better, embrace change, establish expectations, and enhance your overall success and happiness? Rather than focusing on just one subject, this program will provide quick, effective and easy-to-use and implement techniques and tools on numerous topics to help participants in many aspects of life, personally and professionally. Participants will walk away from this program with practical skills that will make a positive impact on their life immediately.

***Dreams Do Come True*** Imagine living in a century-old lightkeeper's house on the coast of Maine. It sounds like a fantasy, but for Lee Ann Szelog, her lifelong dream became reality when she and her husband, Tom, settled into the keeper's quarters at the Marshall Point Lighthouse in Port Clyde, Maine.



This presentation will not only provide inspiration and tips to help you pursue your dreams, but will also allow you to experience what it is like to live in an authentic and operating lighthouse on the Maine coast. You will witness the ever changing tide of emotion and drama, from laughter and excitement to sentiment and joy, through compelling stories and extraordinary photographs. Based on the Szelog's book, *Our Point of View – Fourteen Years at a Maine Lighthouse*, you will not only encounter extraordinary events, people, wildlife, storms and the changing seasons, you will find inspiration to pursue your own dreams.



***Simply Maine*** As a professional speaker, photographer, and award-winning author, Lee Ann Szelog finds much joy in capturing and sharing Maine's exquisite beauty in her *Simply Maine*<sup>™</sup> series. Through her photos and words she helps people slow down to observe simple, humorous, and stunning pleasures our natural world provides.