



Practical skills to nurture change, growth and prosperity

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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!



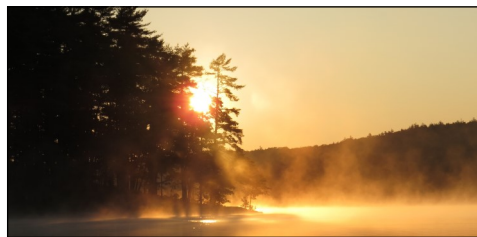
Are You Ready? What do you do to get ready for work each day? What do you do to get ready for life every day? This powerful presentation provides a fun, refreshing and interactive look at “getting ready” for work and life, and provides tools and techniques to ensure you are ready to communicate positively, 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!**



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Nature Nurtures. Do you want to reduce stress, experience tranquility, settle your nerves, increase your energy and productivity and disconnect? Connecting to the natural beauty we have, regardless of where we live and work helps us slow down, relax the mind, and release tension. During this workshop you will learn and experience nature's powerful source that helps us enhance our physical and mental well-being. You will walk away, embracing the simple pleasures of nature and experiencing how they can help slow the pace, settle nerves, soothe

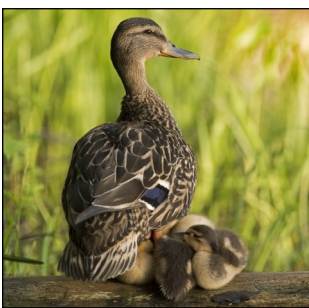
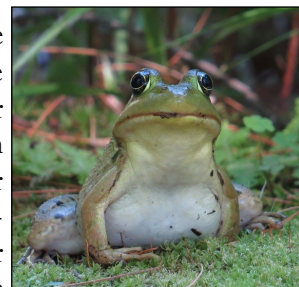
worries, and stimulate energy. Exposure to nature not only makes you feel better emotionally, it contributes to your physical wellbeing, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones. Nature is free and easy stress relief.

This workshop will help you find comfort by connecting with nature, even if you prefer not to venture too far into the woods, fields, streams, ponds and rivers. Experience the life-altering solitude of nature, the freedom and the opportunity to experience life from a different perspective, thereby developing a different version of yourself. Escape the pandemonium in order to thrive rather than survive, enjoying today while you have today to enjoy.

My hope is this workshop will allow you to slow down to benefit from the miracles that nature affords us every day. By doing so, awakening a peace within your heart that helps ease the chaos of life and allows you to soar to new heights, personally and professionally.

NOTE: This is a low impact workshop. Part of the appeal of this program is that it is highly accessible to people with a wide range of fitness abilities and conditions.

We've Got to be More Creative Around Here! Have you ever heard, "we've got to be more creative around here?" Improving creativity can open your eyes to opportunities to enhance your abilities in all aspects of your job. One good idea can save thousands of dollars, create greater efficiencies, or develop a new source of revenue. This thought-provoking, and engaging program will provide concepts and tools to encourage the innovation process which can contribute to better problem-solving, enhanced productivity and more. You will gain insight by learning and understanding right, left and two-sides of the brain thinking and how your thinking can help you improve your personal effectiveness, thinking skills, and problem solving abilities, which will help nurture creativity individually and within your office.



The Selfies of Advocacy: Advocacy is a skill that can assist professionals with all the various responsibilities and duties for which they are responsible. Before you can be an effective advocate for others, you must be a self-advocate; a champion of yourself. In this day and age of selfies, there is no better time to focus on self-advocacy by emphasizing the importance of **self**-awareness, **self**-respect, **self**-pride, **self**-care and **self**-control.

This presentation will provide tools and tips to help you enhance your ability to communicate, influence, and advocate competently and confidently. With all the people and processes you are responsible for, being an effective advocate for yourself and others will help you do your job to the best of your ability, resulting in decisions that are best for yourself and all those you serve and support. This program will empower and enable you to step up, speak out and advocate.

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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.

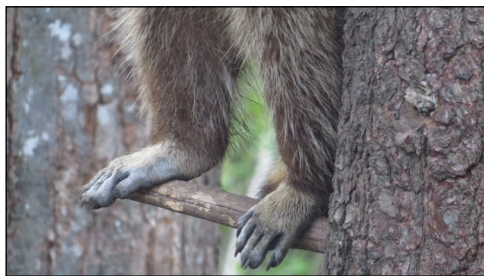


Balancing High Tech with High Touch: The art and power of the human spirit is more important than ever to leverage and maximize investments in technology, marketing and people. It requires balancing people with technology and high tech with high touch to maximize growth, productivity, quality and profit. 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.

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Yippee, it's a New Day![®] 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*[™] series. Through her photos and words she helps people slow down to observe simple, humorous, and stunning pleasures our natural world provides.