

Described as *“the best speaker we’ve ever had!”*



National speaker, photographer, award-winning author and former lighthouse keeper, **Lee Ann Szelog** provides a refreshing change of pace and will leave your audience wanting more. She has the ability to connect with audiences emotionally to help them learn valuable skills and techniques in order to grow from within.

Why Lee?

Your audience will enjoy a meaningful and memorable experience, and obtain practical skills to reach higher levels of success and happiness, personally and professionally.

Lee's most popular programs:

Work Like a Dog – Lessons to get your tail waggin’!

Are you digging around for a fresh and fun presentation to entertain and delight your audience while providing meaningful content? Look no further - You have found your buried treasure with this presentation.

If your audience is like most, they may be dog-tired, in the doghouse at work, working in an office that has gone to the dogs, feel like they are constantly barking up the wrong tree or digging a hole to nowhere. Often, we give up too easily, or don't dig deep enough. Lee will inspire us to keep digging.....we might be surprised at what we will find. Dogs instinctually know this, because in every hole they create, there is something worth digging for! This dog (no pony) show, with puppy-like energy and fun, will teach old and young new tricks in the areas of communication, attitude, and change to name a few, so your audience can maximize their productivity and contentment, and discover their true selves, buried deep within. These lessons come from the love story Lee Ann Szelog imparts from sharing life with her canine companions, Moose and Bear. At the conclusion of this uplifting and inspiring program your audience members will feel like a lucky dog and will be ready to dig deep to achieve the success to which they aspire.

NOTE: As an added feature to this program, I will make a donation to a local animal shelter in the name of your Organization.

The Selfies of Advocacy: Being a self-advocate is a necessary skill to promote **self-sufficiency**, and help deliver quality service to clients of all ages. 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 program will empower you about advocacy, not only for your clients, but also for yourself.

The Difference You Make:

Each of us has the power to positively impact those around us and truly make a difference. In truth, most professionals 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!



Nurturing growth from within

Lee Ann Szelog

simplyputllc.com

lee@simplyputllc.com

Programs continued

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.

Stress Relief by Nature (this is a great workshop to support green conference efforts). Staffing issues, budgeting, and customer and administrative demands are a part of every day life, contributing to a significant amount of stress. On the other hand, both rural and urban areas have green spaces that can help us relax, reduce stress and renew our energy every day. Connecting to the natural beauty, regardless of where we live and work helps us calm the chaos. During this workshop you will experience nature’s powerful source that helps us enhance our physical and mental well-being. Exposure to nature not only makes you feel better emotionally, it contributes to your physical well-being, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones.

Manage Your Time – Manage Your Life! Have you ever looked at your growing to-do list and felt overwhelmed because you didn’t know where or how to get started? Do you get to the end of a busy day and realize that you weren’t very productive and only accomplished a fraction of what you had hoped for? 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 email or surfing the web? Yeah, me too!

This session will help you learn to focus on priorities and learn techniques to manage your time and energy in a manner that’s most meaningful to you and 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 session will impart valuable concepts to help you manage your energy, and ultimately, controlling your stress.

Simply Put: Lee Ann Szelog finds much joy in capturing and sharing nature’s exquisite beauty. Through her photos and words she helps people slow down to observe simple, humorous, and stunning pleasures our natural world provides, allowing us to change our perspective, thereby changing our view of life, personally and professionally.

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 by Lee and Tom. 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.

Additional program options at www.simplyputllc.com

Get to know Lee



Lee Ann Szelog is a sought-after speaker in New England as well as nationally, and an award-winning author, photographer, nature retreat coach and former lighthouse keeper who has learned to rise above adversity, find her voice, and challenge herself to overcome her fears and realize her dreams. After enjoying a successful 28-year career as a marketing and training executive, and receiving national awards for her work, Lee has been President of Simply Put, LLC, a company she founded 11 years ago to help

individuals, organizations and companies nurture growth from within. She has authored a number of professional development classes including, *The Art of Human Relations*, *The Art of Management & Leadership*, *The Art of Public Speaking*, and *Your Quest for Excellence*. Clients hire her when they are ready to help their audience improve communication skills, teamwork, attitude, creativity, change, job satisfaction, and wellness to maximize their happiness and capacity, personally and professionally. Many clients have said, "*Lee is the best speaker we've ever had!*"

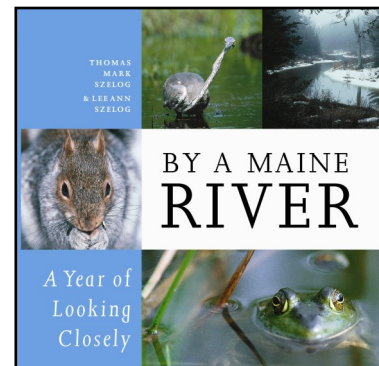
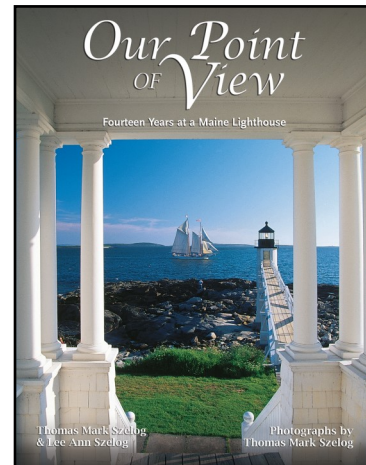
Striving to maximize her capacity, she also works with her husband, Tom, using their words and photographs to inspire people. They have documented life, human and wild, in two quintessential Maine homes, a lighthouse on the coast and a log cabin in the forest, resulting in the publication of two books. The first is the multi-award-winning, *Our Point of View-Fourteen Years at a Maine Lighthouse*, featuring Marshall Point Lighthouse in Port Clyde, and the second is *By a Maine River – A Year of Looking Closely*, which explores the natural beauty found in the backyard of their log cabin in the woods. As passionate advocates for wildlife conservation, Tom and Lee are dedicated to sharing their words and photographs in narrated photography presentations and books to educate and inspire people about the important role our natural world plays in our lives. One of their current endeavors is a feature length film, presently in post production, that will allow audiences to experience nature's peace of forest.

Lee Ann is grateful for the opportunity to help others maximize the power they have within. The commonality with all her audiences, regardless of age, industry or experience is that people are people wherever she goes, all searching for tips and tools to enhance communication, live life rather than react to it, and control stress. She strives to move audiences to focus and implement practical skills to help them reach higher levels of success and happiness, personally and professionally. As evident by the responses she receives, participants connect emotionally through her words, and professional photographs that vividly reinforce the important points, skills and tools she imparts. The result is the audience is engaged in an intimate and visual manner, creating memorable learning moments, lasting impressions and an inspirational, artistic experience that helps change behavior.

Lee is flattered with all the kind sentiments that many audience members share with her, a few of which are listed on page 4. Her greatest satisfaction comes from knowing participants are trying the techniques she shares, and finding success with using them.

Investment

Please let me know your audience size, location and presentation length and I will promptly and happily provide you a quote.



*Simply put.....
I wish you:*

- *Joy in the simple pleasures of life;*
- *Passion to fuel your energy;*
- *Awareness of the powerful force you possess to make a positive difference in the lives of everyone you encounter;*
- *A giggle a day to keep the doldrums away.*

Lee Ann

Testimonials

"A genuine ability to connect with audiences, refreshing, thought-provoking and meaningful messages, and a high standard of professionalism are just a few of the qualities that earned Lee rave reviews at our international conference. I especially value her high standards and exceptional communication skills, which makes working with her such a breeze." **Ashley DiBlasi, Assistant Director of Professional Development, International Institute for Municipal Clerks**

" You have an impact on people - a beautiful gift."
Sue Clements-Dallaire, Auburn City Clerk

"Continuous improvement comes from lifelong learning, regardless of the depth of our education and experience. When Lee learned that I was a retired Brigadier General, she wondered why I would register for one of her classes. I told her that I am always striving to "sharpen my saw." Lee didn't disappoint – she helped me realize the opportunities I had to improve my skills. I have had the pleasure of attending several conferences and/or workshops with Lee in small and large groups. She has a gift of connecting with people intellectually, which gets them to think, and emotionally that gets them to act, resulting in changed behavior." **Robert Carmichael, Brigadier General, Retired, Maine Army National Guard**

"Lee's presentation to the New England City Clerks Association was dynamic, energetic and fun. She was able to engage the audience immediately and kept our interest and strong participation for the three hour session; no small task in a large room of almost 200 people. Attendees commented the session was one of the best they have heard in several years and felt they are able to connect with Lee personally. They were impressed with how very personable Lee was and her warmth and sincerity shone through immediately. It was a real pleasure hearing Lee's presentation, and it most definitely was a conference highlight." **Kathy Montejo, Lewiston City Clerk**

"Thank you so much for all that you do and the positivity you bring into people's lives. You are such a ray of much needed sunshine in this world!" **Leanne Gagne, audience participant**

"You inspire me to be a better leader!" **Nancy Alling, audience participant**

"This thank you is long overdue. I attended a conference a couple of years ago and you were one of the speakers - one of the best I've ever had the pleasure of listening to. I made notes from that session and posted these on a Monday reminder that pops up to start my week. It helps to remind me to set my mind right at the beginning of the work week. Thank you for helping me." **Kim Garvis, audience participant**



References

Ashley DiBlasi

Assistant Director of Professional Development
International Institute of Municipal Clerks

Ashley@iimc.com

1-800-251-1639

Glenn Hutchinson, President & CEO
Bath Savings Institution

ghutchinson@bathsavings.com

1-800-447-4559

Eric Boucher, SVP, Chief Financial Officer
Avesta Housing

eboucher@avestahousing.org

207-553-7780

Additional references and testimonials at

www.simplyputllc.com

Lee has been featured in the following media:

- *CBS Sunday Morning News*, New York, NY
- *Country Living Magazine*, New York, NY
- *New England Cable News Network*, Boston, MA
- *WCVB –TV Chronicles*, Boston, MA
- *WCSH, WLBZ, WABI, WVII, WGME –TV*, Maine


simply put ^{LLC}

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simplyputllc.com · lee@simplyputllc.com

207-549-5151