



The Art of Life — Nurture Growth From Within

- Is stress running your life and the life of your office?
- Are people disconnected, feeling lost, confused, overwhelmed or unproductive?
- Are negative attitudes ruling the workplace environment and influencing your customers to go elsewhere?
- Is it challenging to make good choices, communicate effectively and enhance relationships and success?
- Are managers and leaders overwhelmed and unsure how to effectively manage their staff for peak performance?

In the fast paced, action addicted world in which we survive, it can be challenging to recognize the beauty surrounding you.....the beauty found within each other, yourself and today. We all need some inspiration, a fresh perspective.....a little help along our journey with creating the masterpiece that is our life.

I welcome the opportunity to inspire your group to help them:

- Refresh their thinking and purpose
- Make wise choices throughout the day
- Pause to reestablish their passion
- Embrace their resilient spirit & turn inspiration into action
- Communicate more effectively and purposefully to enhance relationships
- Awaken a peace within their heart to help ease the chaos of life and contribute to their well-being and contentment

If you are :

- An individual looking for clarity and purpose,
- An organization or business yearning to help your employees communicate more meaningfully, and work more productively and effectively,
- An association in search of fresh and expressive content

I will help your audience view their lives from a different perspective, by artistically expressing words and images from our natural world that inspire people to take action, change behavior, create sustainable new habits, and grow from within. I provide participants a fresh perspective, a change of pace, and a toolbox of skills and techniques, to help them discover and enrich the masterpiece that is their life.

I hope you will find I am a natural fit for your audience with the keynote presentations and workshops I offer, as listed on page 2.



Nurturing growth from within

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Expert guidance and techniques :

The Art of Human Relations & Communication
The Art of Supervision
The Art of Exceptional Leadership
Stress Relief by Nature
The Art of Time Management
The Art of Life
The Art of Attitude
Nature Nurtures
The Dog Days of Life—Lessons to Get Your Tail Waggin'!

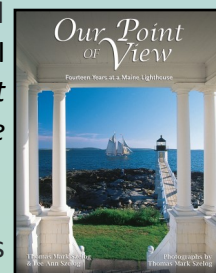


Get to know me — I look forward to getting to know you!

As a professional speaker, photographer, and award-winning author, I am grateful for the opportunity to help others maximize the power they have within. I work with audiences locally, regionally, and nationally, representing many industries. The commonality with all my audiences, regardless of age, industry or experience is that people are people wherever I go, all searching for tips and tools to live more purposefully, control stress, and achieve the success they aspire to, personally and professionally.

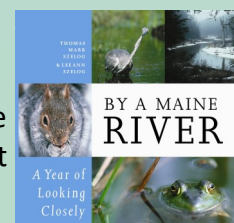
At the age of seven I had my first serendipity, although I didn't realize it at the time. I was extremely shy and decided to overcome my fear of communicating. Since then I have challenged myself every day to speak up, write and conduct presentations to overcome my fears. My persistence paid off. After enjoying a successful 28-year career as a marketing and training executive, I founded Simply Put, LLC, specializing in presentations to help people nurture growth, change and prosperity and maximize their happiness and capacity, personally and professionally.

The lessons and insight I share come from my years of living in a lighthouse on the Maine Coast and a log cabin in the Maine woods, both of which are documented in 2 books, my husband, Tom and I have had published. The first is our multi-award-winning book, *Our Point of View-Fourteen Years at a Maine Lighthouse*, featuring Marshall Point Lighthouse in Port Clyde. The second is *By a Maine River – A Year of Looking Closely*, which explores the natural beauty found in our own backyard.



The opportunities to immerse myself in Maine's captivating splendor has provided me countless examples of nature's ability to awaken imagination and foster emotional wellness, optimism, success and contentment throughout my career.

I welcome the opportunity to help your audience discover the power of positivity and confidence by realizing the value and beauty of today and within each other and one's self, leading you to not just survive each day, but to thrive!



I wish you the gentle joys and quiet beauty of today,

Lee Ann Szelog

 simply put^{LLC}

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Lee has been featured in the following media:

Country Living Magazine, New York, NY
WCVB –TV Chronicles, Boston, MA

CBS Sunday Morning News, New York, NY
New England Cable News Network, Boston, MA
WCSH, WLBZ, WABI, WVII, WGME –TV, Maine