



Motivational Keynotes and Talks



Stop Struggling Seminar Series

Stop Struggling, Work Effortlessly™

Learn to Love Your Job and Your Life

"Thank you so much for your wonderful speech at the Third Annual Cornell Career Networking Event. You were a perfect addition to our program and a real treat for everyone in attendance! You inspired, motivated and instilled hope in everyone present. We couldn't have done the program without you! Thank you!"

-Marike Bradford, Sr. Associate Director Cornell University Metro NY Regional Office

"On behalf of my colleagues here at VOGUE, I would like to thank you for sharing your views on balancing work with life and being more tuned in to our "personal foundation." The session had a positive impact on all of us. Your ideas on core values will enhance the sense of purpose within our team and should prepare us to do our jobs better. Not only were your constructive observations and suggestions logical, they were refreshingly simple. Offering this framework for re-engineering our day-to-day "journey" will serve as a useful tool going forward." Amy Gruenhut, Promotions Coordinator, VOGUE Magazine

"It was great to have a wake up call to all of the things that I do that are not positive. There are ways I can be even happier." Amy Pribila, Body I.D.

Your job does not have to be a struggle. In fact, it is not supposed to be! Work is an expression of who you truly are. Annemarie's inspirational and informative talks focus on how to shift your perspective and your behavior at work so that your job is meaningful, rewarding and fun.

The following talks can be tailored to meet the unique needs and requirements of your group.

Stop Struggling! Give Up the Misery and Love Your Job

Your job represents a large part of your life and unfortunately may sometimes cause stress or confusion. Perhaps you think much of what goes on at work is out of your control. The truth is you have the opportunity to actively create the experiences you desire at your job. You *can* love your job! The key is to stop focusing on what is wrong and start focusing on what is right both at work and in your life. Learn the five action-packed steps for understanding who you are at work, what's blocking your joy, and how you can create the happiness you desire.

Stop Struggling! How to Find Work You Love that Pays the Bills (and then some)!

Do you dread Monday mornings? Are you tired of feeling miserable between the hours of 9-5? If so, it's time to learn the 5 step process that successful career changers actually follow in order to make their dreams a reality (it's not what we're normally taught!) Doing work you love is not only possible but is expected of you! The truth is you owe it to not only yourself, but to the rest of us, to do work that is a true expression of who you really are. In this inspiring and practical seminar you will learn the **3 biggest mistakes** most people make when attempting to switch careers, the **1 shift in thinking** that is critical to your success, and what you can do right now to **overcome the feelings of fear and feeling overwhelmed** that often accompany a career transition.



Stop Struggling! Do Work You Love

Despite what the majority of people will tell you, you can love the work you do. The secret is to stop focusing on what you do and begin focusing on who you are. Learn how to identify sources of fulfillment, what it means to 'make a difference', and how being your true self enables you to be happy and successful in your career.

Stop Struggling! Six Ways to Create Success at Work

You control much more of your destiny at work than you realize. Do you always feel like you're playing catch-up? Is procrastination giving you a bad reputation? This talk is for those who are ready to take charge of their jobs and ultimately their lives. Learn the six ways you can become a more valued employee by simply being true to your authentic nature.

Stop Struggling! How to Follow Your Dreams in a Down Economy

Does it seem really difficult to imagine making any kind of career change given the state of the economy right now? Do you feel like your options are very limited? Are you unhappy in your current position and want to make the leap to a more fulfilling career and life? This talk focuses on the ten ways to thrive and achieve your goals during any economic climate.

SERVICES AND CONTACT INFORMATION

Annemarie offers the following services:

- Keynotes
- 1/2 Day talks
- Full Day talks
- Panel Participation
- Speaker at meals (breakfast, lunch, dinner)
- Breakout meeting facilitator

Contact Annemarie for more information about having her speak at your next event:

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