



# THE LIFE & CAREER CLINIC

CORPORATE PRESENTATIONS ON LIFE, WORK AND BALANCE

BY MARY LYN MILLER

Speaker, Author, Executive Director,  
Life and Career Clinic, Redondo Beach, California  
(310)378-4417

**MOTIVATE, INSPIRE, IMPROVE PERFORMANCE!!**

## HOW TO FOCUS AND BALANCE YOUR LIFE

This is for anyone who feels like they are going in too many directions at once and have lost their "center." Then it's time to focus and gain a sense of balance in life! In this workshop participants will:

- Define the concept of balance in personal terms.
- Identify the elements of their individual "perfect" balance and begin restructuring a lifestyle to maintain it.
- Discuss why concepts like "multi-tasking" and "time management" are often more stress producing than stress relieving and learn how to replace them with approaches that are more centering and revitalizing.
- Leave with a manual which can be filled in and used on a daily basis to support the new ideas they learned.
- Develop clearer focus and perspective!

This presentation was created by an overwhelmed executive who successfully implemented these techniques in her recovery from cancer. Anyone can do it.

## DEVELOPING A PASSIONATE RELATIONSHIP WITH YOUR JOB

If you have employees who have lost the passion for their jobs (if they ever had it), this workshop is designed to help them see their job in a new light. It's not the job that GIVES passion; passion is the magical quality that the employee BRINGS to the work that they do. In this workshop they will:

- Evaluate what they enjoy most about their work.
- Explore what inspires passion within themselves.
- Learn how to tap what inspires them to make a greater contribution to their work.
- Brainstorm new ideas with other participants.

Enthusiasm creates effectiveness and productivity as well as a greater sense of meaning. This workshop is a great beginning.

## THE 3 KEYS TO SUCCESSFUL CHANGE

The workplace of today is always changing. Technology, personnel changes, and restructuring dramatically effects morale and productivity. Meanwhile personal transitions

occur at the same time: changes in the family, moving, promotions, job change. For most of us, it can sometimes just feel like too much! This class is an upbeat approach to providing tools and insights to make any change a softer, easier, and more positive experience. Participants will:

- Learn the 3 phases of ANY change and how it applies to their lives.
- Identify the changes they are presently experiencing and how they could deal more effectively with that change.
- Discuss specific tools and how they could implement them in their work and life.
- Leave with handouts to keep them focused on their next steps.

Change is a part of any living experience. Understanding the dynamics of change and learning appropriate tools to more easily navigate through the process can make for a wonderful, insightful, and exciting transition!

## POWER NETWORKING: HOW TO OPEN DOORS

If you have ever heard "it's not what you know, but who you know that counts", it's true. Everyone prefers to help and do business with people they know and trust. This class is for anyone who wants to expand their connections for greater business and personal success. It is also for anyone for whom this idea makes their hands sweat and their hearts beat too fast because we make it fun and easy.

- Understand the dynamics of networking and how it can work for you.
- Learn how to target the appropriate groups to meet either personal or business needs
- Make a terrific first impression and create rapport.
- Work a room, focus your message, and watch your connections multiply!

Networking is critical for sales professionals and business owners, but it is also a basic skill for anyone who wants to expand and enhance all levels of personal and business relationships!!

**For More Information, Call:**

**(310) 378-4417**

**E-mail: [mail@L-CC.com](mailto:mail@L-CC.com)**

**[www.L-CC.com](http://www.L-CC.com)**