



This short, round **spitfire** of a woman with a deep New York accent has a **heart** as big as her personality! Attendees everywhere fall in love with this extraordinarily honest and caring teacher.

Merci's unique perspective and storytelling is transformational, thought-provoking and **action**-oriented. This dynamo uses **music** and props to deliver take-home messages that immediately improve the quality of people's lives.

An inspirational motivator, Merci's many careers have given her a wealth of information and experience. She appears regularly on the local network news and has grabbed the **attention** of both local and national media including the Wall Street Journal.

BE WHAT YOU SEE. PUTTING YOURSELF IN TOMORROW -- TODAY!

Three Steps to creating your vision statement.

To be prepared to seize opportunity and run with change, you need a vision. Your vision could be entitled MY BIG DREAM — a picture of the future that you create with your imagination. You need to use your imagination, because the future is an imaginary place that does not exist in present reality.

Your vision is a guiding image of accomplishment and fulfillment, not just for you, but for your work. Then, within the context of your overall life vision, your mission captures the essence of your life, the purpose of your work — the very reason you're here.

Participants learn to:

- Engage in long-term and big-picture thinking!
- Pick a time frame for your vision.
- Write a powerful vision statement.

What a fantastic motivational speaker you are! Your energy, humor and great tips commanded our attention from start to finish.

Holly Huzar, Professional Development Instructor,
Center for Natural Wellness School of Massage

Merci involves participants through sharing and various experiential exercises. Our staff raves about her workshops, and walks away with new skills, or new perspectives.

Roslyn Jefferson, CSW, Employee Assistance Coordinator
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