



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.

CLIMB IN AND HOLD ON!

White Water Strategies for Thriving in the Workplace.

Work can feel like a rushing, out of control river. And the best way to navigate the river is to climb in the raft, put on your safety vest and enjoy the ride! From the lazy ease of little waves to the screaming blasts of white water, the adventure known as your job requires an understanding of the workplace and the ability to maneuver within it.

Participants learn:

- To identify their reactions and beliefs around change.
- To immediately shift perspective about change.
- Four Steps to eliminate their stressful, emotional reaction to change.
- Specific Strategies for Managing Change.



You can feel the energy when Merci enters a room! As a motivational speaker, she is sincere and encouraging and always leaves her audience wanting more. She's especially good with any group of people who want to build their self esteem!

Patricia Butkus, Schenectady Community Action Program

Merci is engaging and humorous and keeps the program lively from start to finish — all her workshops have received very positive evaluations.

Lois Johnson, Director WERC, Albany NY

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