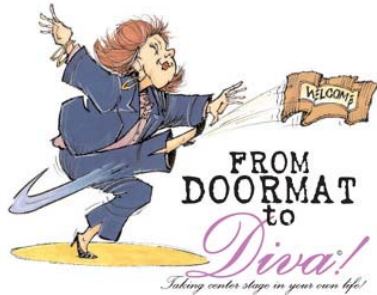




Take Center Stage in Your Own Life



Former Political Hack Leaves Big Bucks Takes Center Stage in Her Own Life!

Presenter and Life Coach Merci Miglino tells your audience:

How to go from Doormat to Diva[©]

Ten Steps to Taking Center Stage!

1. **Get a Perspective Makeover!**
Changing the way you look at things.
2. **Turn on the Diva-vision!**
See what you really, really want!
3. **Get Diva-tude!**
You need a new attitude, girl!
4. **Say NO!**
Stop being nice and start being great.
5. **Tolerate Nothing!**
Stop those energy zappers.
6. **You got it all**
So use it all!
7. **Guard the Diva!**
Rare things are expensive!
8. **Do what you want!**
Stop asking others, "What should I do?"
9. **Trust Your Gut!**
There's information in our bellies!
10. **Use your 'Divine' Powers!**
We are not alone.

- There are **3,269** self esteem books/tapes on Amazon.com
- There are **1.2 million** self esteem entries on Google
- **43% of women** ages 18-44 are **depressed** in any given week
- **1 in 5 women** has low self-esteem
- **59% of women and 50% of men** work under a 'great deal' of **stress**.
- 69% of women and 60% of men are unsatisfied with their career advancement
- Teenage girls today are more independent yet have less self-confidence and weaker self-images
- There are **991,000 entries for DIVA on Google**

Order the Book on Amazon.com!

To Schedule an Interview, Call
518-229-4403 or visit
<http://www.doormatdiva.com>



Merci Miglino
Speaker • Trainer • Life Coach
518-229-4403
www.mercimiglino.com

Sample Questions

For Merci Miglino, Author and Presenter of
Doormat to Diva®: Taking Center Stage in Your Own Life!

1. So Merci... what is a life coach?
2. You left a career in the State Legislature to coach people?
3. Were you a doormat?
4. By *Diva* aren't we really talking about a 'bitch'?
5. Why the love-hate relationship with Diva's?
6. What is the one thing women can do to kick the doormat to the curb?
7. What exactly is 'Diva-vision' and how do I get it?
8. Is it really possible to tolerate nothing?
9. Why do women have such a hard time saying NO?
10. What do you mean 'we got it all' going on already?
11. Isn't trusting your gut a no-brainer?
12. How about those speed cameras, how can I beat those?
13. By guarding the Diva are you suggesting taking up arms?
14. What do you mean when you say, "we are not alone"?

What others are saying...



Merci Miglino is a ball of energy and enthusiasm and I just love having her on our Noon News show at WNYT Channel 13 in Albany, NY. She can handle any question with a quick, sharp and to the point answer! We get lots of positive feedback every time she appears!

Benita Zhan
News Anchor Live at 5,
Live at Noon and the Health Reporter

"I enjoy working with Merci because she is on the ball. Her topics are exciting and she is well prepared when she is on the show (WNYT-TV Live at Noon). She makes my job easier!"

Sincerely,
Michele Baker
Producer, Live At Noon WNYT-TV

"Your energy and interest in current events and human social concerns makes you a fabulous guest."

Mary Beth Wenger
Reporter/anchor, WRGB-TV

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Biography

What do the Civil Service Employees Association, The University at Albany, the Capital District Employees Assistance Program, Magellan Behavioral Health, the Arthritis Foundation, the United Way, Visiting Nurses, Seton Health, Vertis Inc. the YMCA, Wireless One, Schenectady Community Action Council, Women's Employment Resource Council, the Learning Exchange all have in common?

Merci Miglino. Speaker, trainer, coach, and rising radio and TV personality. This short, round spitfire of a woman with a deep New York accent has a heart as big as her personality! Attendees everywhere laugh, cry and fall in love with this extraordinarily honest and caring teacher.

Whether addressing private or public audiences, young or old, affluent or average, men or women, her 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. With or without power point, 45 minutes or 3 hours, big room or small, Merci guarantees belly laughs, lively spurts of dancing, and moments of quiet reflection.

Merci will come in early, meet and greet attendees and incorporate their stories into her program. She is a speaker who does her homework! Researching, interviewing, and customizing her presentations to provide the most value. An avid learner, Merci keeps up with the latest trends in personal and professional development. In addition to her life and business coaching practice, which includes entrepreneurs, businesspeople, managers, salespeople, career-changers, students, and other coaches, she is former Chair of the International Coach Federation's Public Relations Committee and Leader for the Albany, NY Chapter. She is the Membership Co-Chair and Education Coordinator for the Albany Metro Chapter of Business Network International, past President of the Hackett School PTA and a recent addition to the Hudson Valley Girls Scouts Nominating Committee.

An inspirational humorist and motivator, her many careers have given her a wealth of information and experience. A former teacher, paralegal, reporter, communications director, and campaign manager, Merci left a job with the NYS Senate to build a successful practice. She also appears regularly on the local NBC-TV affiliate news with popular anchor Benita Zahn and with CBS-TV affiliate Channel 6 Weekend anchor Mary Beth Wenger and has received both local and national electronic and print press, including the Wall Street Journal.

Mixing education with entertainment to share insight and inspiration for life and business changing impact! She is a breath of fresh air, a natural born DIVA and most of all a real life example of what's possible for every one of us – a life with purpose and joy!