

WELCOME
to
DOORMAT
FROM



OH WE LOVE THE DIVAS! But alas, we're not like them... we could never stand up for our talent in such a big way. Somebody might reject us, disagree with us or challenge us. We have no desire to stand on a stage...well maybe a little...OK. A lot!

Merci's book, *From Doormat to Diva: Taking Center Stage in Your Own Life* takes you on a journey — from back stage to center stage. With the aid of pithy quotes by past and present Divas, readers explore new ways to transcend the status quo.

Her many careers give her a wealth of information and experience. A former teacher, paralegal, reporter, communications director, and campaign manager, Merci left a senior position with the New York Legislature to build a thriving life and business coaching practice, which includes entrepreneurs, managers, sales people and career-changers.

Are You a Doormat or a Diva? A Little of Both? Find out! Page 20

Learn to Say NO. It's a Diva's Favorite Word! Page 45

Stop Being Nice and Start Being Great. Page 71

Diva-power! Page 82

MERCI MIGLINO
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Taking center stage in your own life!
Divas!

SEMINARS • WORKSHOPS • KEYNOTES • RETREATS • BREAKOUTS

FROM DOORMAT to Diva!

Taking center stage in your own life!



GET A PERSPECTIVE MAKEOVER!

Dance, sing and cha-cha-cha as inspirational humorist and motivator Merci Miglino takes you on a **wild** ride from the backstage of your life to center **stage** in 3 simple steps. Her keynote talks, From Doormat to Diva® or Adonis: Taking Center Stage in Your Own Life, recognize everyone's secret desire to **shine**.

Merci's takes you on the road to personal **stardom** — first class, of course!

- 1 Get Diva-vision — see your star-studded future now! Attract what you've always wanted! Embrace your plan, dream, or big wish!
- 2 Strip off those energy zappers — stop 'putting up' up with people, places and things that block your **light**...your greatness. Experience true, never-say-die confidence!
- 3 Re-define selfishness, **empowerment** and extreme self-care. Use your highest self to promote yourself. Be fully self-expressed! Fully alive! Strut your stuff with abandon!

MERCI MIGLINO. 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.

This is a dynamic program that your attendees will talk about for the entire year!

Mary Sullivan, Executive Vice President
New York State Civil Service Employees Association

Merci brings a great deal of passion and enthusiasm to the subject. She is well-prepared and her handouts are professional, yet accessible to a variety of students.

Lois Johnson, Director
Women's Employment Resource Center

What energy and excitement! Merci had the room learning in a very lively way!

Juanita Ecker, Corporate Image Consultant



Merci's energy, humor and great tips commanded our attention from start to finish.

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



The staff always raves about her workshops, and walk away with some new skills, or a new perspective.

Merci is dynamic and exciting, with a great sense of humor and joie de vivre!

Roslyn Jefferson, CSW,
Employee Assistance Coordinator,
NYS University at Albany

MORE LIVELY PRESENTATIONS

- **JUST DO IT. SEVEN THINGS I LEARNED FROM MY SNEAKERS.** Motivational presentation on natural leadership and entrepreneurial skills.
- **CLIMB IN AND HOLD ON!** White water strategies for thriving in the workplace during budget cuts and bad economies.
- **I'M NOT OK, YOU'RE NOT OK, AND THAT'S OK!** Effective Communication in the Workplace. Being authentic while communicating with the boss and the board, the worker and the vendor!
- **WE CAN WORK IT OUT.** Working 8 days a week? Suffering from a hard day's night? The top ten ways to create and sustain a healthy you at work! Inspired by the music of the Beatles.
- **THROUGH HELL TO HEAVEN ...** finding work with passion and joy! What is your job from heaven? From hell? With this information we set sail on a personal voyage of self-discovery, finding the work that makes your heart sing!
- **MONEY IS NOT EVIL ... IT'S ENERGY!** Overcoming your limiting beliefs about money, (or fund-raising). Open the way to true abundance for more time, energy and money! Learn the top ten steps to prosperity now.

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