

LIFECYCLE FOCUS

KEYNOTES ■ CONFERENCES ■ WORKSHOPS ■ COACHING

ENGAGE. MOTIVATE. ACHIEVE.

Imagine a culture that values continuous improvement and personal growth?

A workplace where employees harness their personal energy to better manage time, tasks and relationships? A team that sets goals, communicates with confidence and embraces change?

Through discussion, interactive practice and self-assessments, LifeCycle Focus' dynamic keynotes and workshops help individuals, teams and conference attendees improve their workplace effectiveness. Participants will leave empowered with proven tools to increase motivation, improve relationships, and create positive, meaningful and lasting change.

Small group training or large keynote presentation. Focus on one theme or strategically combine topics to meet your highest needs. 30-minute sessions, 60-minute sessions or a multi-day conference.

It's up to you.

Take a look at some of our customizable options and imagine the potential.

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► **Achieve More by Doing Less: The Powerful Benefits of Simplifying**

“The ability to simplify means to eliminate the unnecessary so that the necessary may speak.” – Hans Hofman

Are you constantly distracted by everything you have to accomplish at work and at home? Is your to-do list growing faster than you can keep up? When someone asks “How are you?”, is your automatic reply “Busy”? Is feeling overwhelmed your new normal? This interactive workshop is designed to help you gain the insight, skills and strategies necessary to simplify your life and get the *right* things done. You will learn that the best productivity hack is to slow down and be intentional with your time. And most importantly you will discover how doing less can help you achieve more.

Attendees will:

- Think about if your life is complicated. If so, why?
- Understand the link between core values, gratitude and what matters most
- Use a four-quadrant Priority Matrix to learn how (and why) to do fewer things better
- Learn how managing expectations helps to keep life simple
- Examine the impact of technology on their personal and professional lives
- Reflect on how to slow down, be present and live in the moment
- Learn practical tips to focus, increase productivity, set limits and simplify

► **Balancing Act or Acting Balanced?**

“Balance is not something you find, it’s something you create.” - Anonymous

This class will make you think differently about work-life balance. Is it an ideal worth striving for? A complete myth? One size fits all? It’s time to stop feeling guilty about trying to “have it all” and more importantly, trying to “do it all”. We’ll dig deeper than the basic time management skills, productivity hacks and stress management tips that are commonly featured in blogs and magazines. Our research-based approach will help you understand the keys to personal energy renewal and how it relates to your emotional, intellectual and physical well-being. You’ll also learn how to harness the power of mindfulness to reach your full potential in all areas of your life.

Attendees will:

- Examine unrealistic expectations and challenge long held beliefs about work-life balance
- Consider the role technology plays in your work-life struggle – *friend or foe?*
- Visualize your strengths and vulnerabilities using “The Wheel of Life” assessment tool
- Better understand your unique, personal definition of success
- Explore the science of energy renewal at the personal and professional level
- Understand the importance of mindfulness in our fast-paced, multi-tasking world

► **Beyond the To-Do List: How to Stop Feeling Overwhelmed**

“We have to start putting ourselves on the to-do list.” - Giuliana Rancic

Once upon a time “to-do” lists made life simple and you could end your day with the satisfaction of having completed everything on your list. In today’s fast paced, high tech society your to do list is growing faster than you can keep up. Emails, texts, IMs, cell phones, Google chats, conference calls and old-fashioned face-to-face meetings result in demands that often surpass your ability to cope. Or to put it simply...you feel overwhelmed. This workshop will explore how stress can undermine productivity and we’ll look *beyond your to-do list* for positive ways to respond to pressure.

Attendees will:

- Take an interactive quiz to assess your current response to stress
- Identify how to find your sweet spot between stress that motivates and stress that overwhelms
- Learn 10 proven strategies to combat overwhelm in order to increase productivity and peace of mind
- Explore and unlock the power of resilience to take back control of your day

► **Building a Better You: Developing Healthier Habits**

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” — Will Durant

Do you ever find yourself opening and closing the kitchen cabinets looking for food, even when you are not hungry? Are you ever stressed at work and unconsciously reach for your phone to lose yourself in social media? You are not alone. We all have something we fall back on even when we know better. These unhealthy habits hold us back from being our best selves. In this session, we will explore how habits – both positive and negative – have a powerful effect on our lives. We will explore why these habits persist even when they are not healthy for us and explore strategies for managing and changing these unwanted habits.

Attendees will:

- Identify a consistent behavior you would like to change
- Understand the four stages of how habits are formed
- Learn why it is so challenging to change unhealthy habits
- Acquire skills for managing the undesirable habit
- Build a plan for developing healthier habits

► **Burnout Prevention: Manage Your Time, Find Your Focus and Master Your Energy**

“The secret of change is to focus all of your energy, not on fighting the old, but on building the new.” – Dan Millman

This session will guide you through how to make positive changes in your life. You know the goal – eat well, exercise, get 8-10 hours of sleep. This session will dig deep into the “How?” and the “Why?”. You’ll learn that the answer is “energy renewal” and it is more than just doing more with less in our fast-paced, multi-tasking world. We’ll explore the mental and physical benefits of renewal and discuss simple tips to start reaping the rewards. If less anxiety, better focus, improved sleep, greater creativity and a general sense of well-being appeal to you, then you should make time for this session.

Attendees will:

- Explore the science of energy renewal and its many real physical and mental health benefits
- Understand energy demands and energy boosters and how they impact your personal resilience
- Examine the concept of stress as negative energy and how it can lead to burnout
- Learn how resiliency helps to build your personal strengths, improve your relationships and foster mental toughness in today’s complex world
- Be challenged to connect without technology in a focused and meaningful way

► **Change for the Better: How to Master Change Management**

“If you change the way you look at things, the things you look at will change.” – Dr. Wayne Dyer

Change is nothing new. However, the speed and frequency of change in all aspects of our personal and professional lives is unprecedented. This session will help you understand that people – not projects – are the key to harnessing the power of change. We will start by defining the change process and understanding common reactions to change such as resistance, resignation and readiness. If you are tasked with working with change and desire to make change work, this solution-based session will help both you and your team change for the better.

Attendees will:

- Gain an understanding of the change process and how it applies to management
- Normalize how people think about and react to change so you can provide meaningful support during the process
- Identify the keys to navigating change including building resilience, fostering a growth mindset, avoiding burnout, setting goals and communicating effectively

► **Clear, Calm and Concise: Communicating with Effectiveness and Ease**

"Ask for what you want and be prepared to get it!" – Maya Angelou

Mastering the art of assertive communication is a key skill for both your personal and professional goals. Learning to express your needs and speak with confidence has many benefits, such as better relationships, improved decision making, fewer conflicts, increased productivity and greater self-esteem. According to Caroline Miller, author of *Creating Your Best Life*, the 3 keys to assertive behavior are *"knowing what you want, believing you have a right to it, and finding the courage to express it."* This interactive workshop will help you understand your natural communication style and you'll learn how to strike the right balance between being too passive or too aggressive in order to listen effectively and speak with confidence.

Attendees will:

- Learn about communication styles (aggressive, passive and assertive) and take a quiz to help identify their personal tendency
- Examine self-expression as a basic human right
- Understand the individual components of assertiveness, including: attitude, non-verbal communication and verbal communication
- Learn strategies to help with common challenges such as communication barriers, defensiveness, learning to say no and giving and receiving feedback
- Increase self-esteem, overcome self-doubt and make small changes to communicate with confidence and ease

► **Cultivating Trust in our Personal and Professional Lives**

"You must trust and believe in people, or life becomes impossible." --Anton Chekhov

Trust is essential to living a happy and fulfilling life. This session will help participants understand the importance of having a strong foundation of trust in your personal life, as well as at work. Trust can be the hardest thing to build, but is one of the easiest things to lose. When we begin to view trust as our natural response to specific qualities we observe in a person, team or company, we can more readily cultivate and receive it. We will explore personal beliefs and approaches to trust, how to develop behavior that will enable you to build trust in your relationships, and how to rebuild trust when it erodes.

Attendees will:

- Examine what it means to be trustworthy and why it's important in your personal and professional life
- Think about how you decide whether or not to trust someone
- Apply strategies for building trust and learn ways to rebuild when it collapses

► Don't Believe Everything You Think: How to Overcome Negative Self Talk and Build Self Esteem

"If you gave your inner genius as much credence as your inner critic, you would be light years ahead of where you now stand." – Alan Cohen

Have you ever stopped to *really* listen to your inner voice as you go throughout your day? Is it a friend or foe? What is it telling you? What does it mean? And how does it impact your self-esteem? At times we all have an inner critic that tells us things like "I will never change.", "I always make mistakes." or "This will never work." It's human nature. This seminar will make you think about why you engage in negative self-talk and its ultimate impact on your self-esteem. Challenging your inner critic is the first step towards changing your inner thoughts, stepping out of your comfort zone, and building self-esteem.

Attendees will:

- Examine the definition, components, sources and development of self esteem
- Understand the relationship between irrational thoughts and low self esteem
- Build awareness of automatic thoughts and learn about common cognitive distortions
- Learn how to stop the cycle of negative thoughts and practice self-compassion
- Create a plan to overcome their inner critic and build self esteem

► Essentials of Email Etiquette: 10 Tips for Every Professional

"The single biggest problem in communication is the illusion that it has taken place." - George Bernard Shaw

Did you know that there are 3.7 billion email accounts in the world? 86% of professionals say email is their preferred form of communication. 66% of emails are read on mobile devices. 269 billion emails are sent per day. Plus, the average professional receives 121 emails and sends 40 emails each day. This unprecedented volume of written communication amounts to 3-4 hours spent each day writing, reading, processing and responding to email, yet how many of us have thought about email etiquette and best practices? This class is designed to help you use email as an effective communication, productivity and time management tool rather than a potential source of distraction, stress and discord.

Attendees will:

- Be reminded that email is never private
- Discuss when and how to use "To", "cc" and "bcc"
- Learn best practices for professional, concise communication
- Review proper etiquette for group messages, email threads and "Reply All"
- Discuss response times, subject lines, tone, and when to hit "Send"
- Identify situations where email is NOT the best form of communication

▶ **Everyday Mindfulness: The Power of Everyday Moments**

“If we keep doing what we’re doing, we’re going to keep getting what we’re getting.” – Stephen Covey

“Mindfulness” is more than just a buzz word in our fast-paced, multi-tasking world. It’s a valuable skill that has proven mental and physical benefits. The difference between being in a “mind full” state vs. a state of mindfulness is profound and will impact your daily routine. If less anxiety, better focus, improved sleep, greater creativity and a general sense of well-being appeal to you, then you should make time for this session.

Attendees will:

- Explore the science of mindfulness and its many *real* physical and mental health benefits
- Learn how to create mindful moments throughout the day
- Understand the mind/body connection and engage in a brief mindfulness exercise
- Gain an understanding of how mindfulness disrupts negative thinking makes us more resilient

▶ **Get the Inside Right: How Emotional Intelligence Impacts Thinking, Behavior, and Relationships**

“Get the inside right. The outside will fall into place.” – Eckhart Tolle

This class will begin with an introduction to energy renewal. Then we will discuss what matters most – people. Did you know that satisfying relationships can positively impact your well-being as much as sleep quality and healthy habits? During this session, you will explore how you can maintain or improve the quality of your relationships. You’ll learn that recognizing and managing your emotional state boosts personal energy and paves the way for better relationships. Research on Emotional Intelligence, communication skills, and building trust combine to help you create a plan for better relationships and increased resilience.

Attendees will:

- Explore the science of emotional intelligence and how it affects your health, performance and relationships
- Develop techniques for understanding and managing your feelings to become more effective
- Interactive discussion around what is emotional intelligence, who has it and why?
- Explore the importance of resiliency with an understanding of emotional intelligence and relationships as a protective factor in today’s complex world
- Create a personal plan to break free of old patterns, open your mind and recover vital energy thus increasing your capacity, ability and willingness to learn

▶ Good Night: The Importance of Sleep

People who have problems with sleep are at increased risk for developing emotional disorders, depression, and anxiety. – Dr. Lawrence J. Epstein

When we feel the demands of today's fast-paced world, sleep often feels like a luxury that we cannot afford. Yet, when we miss sleep, we pay a price with our quality of life. In fact, sleep deprivation can keep us from achieving our dreams. Sleep plays a vital role in how we learn, how our immune system, metabolism, and memory work, and is key to our overall happiness. Researchers have identified a variety of practices —known as “sleep hygiene”—that can help people to get the most out of sleep. This session will explain why sleep is so important and provide essential tips that anyone can use to improve their health, well-being, and effectiveness at work.

Attendees will:

- Understand why you need sleep for good health
- Learn the factors that inhibit a quality rest
- Develop good “sleep hygiene” to assist with getting a restorative sleep
- Utilize day and nighttime strategies for achieving quality sleep

▶ Harnessing the Power of a Multi-Generational Workforce

“The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking.” — Albert Einstein

For the first time in history, five generations will soon be working side-by-side, The Silent Generation (born before 1945), Baby Boomers (1946-1964), Generation X (1965-1980), Millennials (1981-2000) and Generation Z (2001-present), the newest generation now entering the workplace. Each of these generations brings with them a unique perspective, a range of skills sets and expertise, and varying expectations of how they will *contribute to* and feel *fulfilled by* their work. This session will explore how to turn those generational differences into a strategic advantage for you and your organization. How should you relate to employees of different age groups? How do you motivate someone much older or much younger than you? How do you empower your team to move beyond the labels?

Attendees will:

- Develop an understanding of how historical and cultural events, societal norms, and technological advancements shape how each generation views and interacts with the world
- Discover potential challenges of generational conflict related to feedback, communication, benefits, career pathing and more
- Explore specific strategies to engage individuals and manage this diversity successfully
- Learn how to find common ground and build effective multi-generational teams

► **Healthy Eating, Healthy Living: Clearing Up the Confusion**

“A healthy outside starts from the inside.” – Robert Urich

Are you trying to stay fit? Increase your focus? Lose some weight? Improve your health? Have more energy? Or perhaps all of the above! This class is designed to clear up the confusion on healthy eating. We will take a close look at the food industry to better understand ambiguous nutrition claims such as “Fat Free”, “Multi-Grain”, “Light” and “All-Natural”. Plus, we will look at nutrition facts and learn how to “read” a typical food label to help make healthy choices and finally answer the question “What’s in your food?” This interactive workshop offers a combination of clear advice, a supportive environment and realistic strategies to help you create a plan to make the lifestyle changes you desire.

Attendees will:

- Identify strategies to reduce impulse eating and keep cravings under control
- Recognize the importance of mindful eating and how to avoid mindless eating pitfalls
- Utilize strategies for selecting healthy foods and maintaining healthy portion control
- Identify connection between nutrition and staying healthy
- Apply tips and suggestions for healthy daily nutrition

► **Making the Most of Your Money: How a Personal Budget Can Help**

“Do not save what is left after spending, but spend what is left after saving.” – Warren Buffett

You probably know that a personal budget is an important tool to help reach your financial goals. But how many of us actually take the time to make one *and* make it work for us? This class will introduce basic budgeting concepts, but we will also look at what behaviors are moving you closer to or perhaps further away from your goals. For example, do goals guide your spending and saving? Are your goals clearly defined and realistic? How much are you willing to sacrifice to reach them? What is the difference between a need and a want? And how do you account for both? Exploring these questions and more will help you gain a clearer perspective and create a budget that makes the most of your money.

Attendees will:

- Learn the importance of personal budgeting and how to control your money so it doesn’t control you
- Explore what you want your money to do for you in order to create realistic goals
- Examine how to create a budget that works for your individual lifestyle
- Recognize your spending and saving habits in relation to wants vs. needs
- Find the best budgeting tool for you and learn tips to stay on track

► **Mind Over Matter: How to Use Energy and Resilience to Better Manage Stress**

“Everything is energy and that’s all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics.” – Albert Einstein

This class will make you think differently about how to optimize your focus, creativity and resilience. We’ll go beyond basic time management skills, productivity hacks and stress management tips. Our research-based approach will help you understand the keys to personal energy renewal and how it relates to your physical, emotional, intellectual and relational well-being.

Attendees will:

- Explore the science of energy renewal at the personal and professional level
- Challenge long held beliefs about productivity and time management
- Conduct a self-assessment to determine “How Resilient Are You?” and why it matters
- Learn how to wisely invest your energy and create a personal energy plan to recharge your batteries
- Explore how resiliency helps to build your personal strengths, improve your relationships and foster mental toughness in today’s complex world

► **Putting Positivity to Work**

“Positive thinking is more than just a tagline. It changes the way we behave.” – Harvey Mackay

Research shows that a positive attitude can make a difference in our health, resilience and productivity. Yet, the essence of optimism is more than just a permanent smile and a ‘good’ mood. Cultivating a culture of optimism within a team can be challenging. Remember, your attitude sets the tone. This workshop will teach you how to harness the hidden power of positive thinking to support more success.

Attendees will:

- Identify benefits of an optimistic attitude
- Understand how to recognize and change negative thought patterns
- Learn how to encourage positive interaction and remain optimistic during change

► Raising Well-Adjusted Children in a Materialistic World

“To laugh often and much...To leave the world a bit better, whether by a healthy child, a garden patch, or a redeemed social condition; To know even one life has breathed easier because you have lived. This is to have succeeded.” - Ralph Waldo Emerson

Like all parents, we want our children to live happy, healthy, and fulfilled lives. Yet, if someone asked your children, “*What do your parents care most about?*” what would they say? What would you want them to say? We all know raising good kids does not involve owning the most expensive electronics or the latest, coolest trend item. So how do we help our children and ourselves rise above an increasingly consumeristic world and live a joyful rewarding life? In this session, participants will explore the impact of materialism on their children’s development and look at the influence of marketing, peers, and family in shaping and shifting their values. Parenting is noble work, but there is no simple way to raise confident, well-adjusted children, yet after this session, we hope your efforts will feel more focused and seem less daunting.

Attendees will:

- Explore the role of materialism in our lives and its impact on the developing child
- Identify how peers and family influence our behaviors related to material goods and social status
- Clarify personal values so they can effectively live and communicate them to their children
- Learn strategies for raising children who are able to withstand the demands of a materialistic society and enjoy all life has to offer

► Reframing the Shame: Mental Health Awareness

“It is so common, it could be anyone. The trouble is, nobody wants to talk about it. And that makes everything worse.” – Ruby Wax

Mental health disorders are very common. Nearly 1 in 5 adults in the US experiences some form of a mental health disorder and 1 in 24 lives with a serious mental illness. Mental health disorders are conditions involving a combination of changes in emotions, thinking and/or behavior. Similar to physical health issues, mental health disorders can create challenges and problems for both sufferers and caregivers regarding functioning in social, work or family activities. That said, mental health disorders are treatable and proper treatment can help people to lead fulfilling lives. In this session, we will learn about what the term mental health disorder means, who is at risk, and explore causes of mental health challenges.

Attendees will:

- Review the facts about the most common mental health disorders
- Learn common symptoms and signs of mental health disorders
- Understand the roles stigma and discrimination play in creating barriers to wellness
- Identify strategies you can use for yourself or to support your family and friends with mental health disorders
- Identify community mental health resources

▶ **Sandwich Generation: Helpful Tips for Caregivers**

“You can’t pour from an empty cup. Take care of yourself first.” -Anonymous

Balancing professional and personal demands is a significant challenge for families. This challenge is magnified for people between the ages of 40 and 65 who find themselves trying to manage a career, raise children and care for an aging loved one. Although every family is different and every situation is unique, there are some common emotions and challenges during this especially demanding time. This workshop will explore the issues of being a multi-generational caregiver and offer practical advice to help you cope.

Attendees will:

- Learn about the “sandwich generation” then and now
- Discuss emotional issues and risks common to caregiving
- Identify ways to cope with the guilt often associated with caregiving
- Understand how to navigate family dynamics
- Learn tips for stress management and self-care

▶ **Sit Less. Move More: Staying Active @ Work**

“Movement is the song of the body” – Vanda Scaravelli

The human body was designed to move - yet as technology does more, people do less. Since 1950 the number of sedentary jobs has increased 83% and the average person sits for 12 hours/day. Physical inactivity is the 4th leading risk factor for mortality and is a factor in 3.2 million deaths each year. Even if you exercise, chances are you are too sedentary especially during the workday. Although the statistics are sobering, there are simple steps you can take to reap the many rewards of sitting less and moving more.

Attendees will:

- Discuss the real mental and physical health risks of a sedentary lifestyle
- Take an objective look at “How Sedentary is Your Day?”
- Test your knowledge of ergonomics and the modern workplace
- Learn how small incremental changes to your routines can make a big difference
- Be inspired by the benefits of movement and an active workplace culture

► **Take A Break and Let It Go**

“Your mind will answer most questions if you learn to relax and wait for the answer.” – William S. Burroughs

Did you know relaxation is the new power lunch? In this workshop (available as a 30-minute or 60-minute session) you'll release tension, calm your mind, and enjoy a meaningful break from the workday. You'll be pleasantly surprised how quickly the combination of music and guided mediation can reduce stress and increase focus. And because practice makes perfect - you'll also learn techniques such as progressive muscle relaxation and breath awareness to help make relaxation a habit.

► **The Juggle is Real: A Life Balance Workshop for Women**

“Strive for progress not perfection.” - Anonymous

How exactly do you define work-life balance? Is it the same for women and men? Does it change depending on your stage of life? Is it the ultimate path to happiness? Or is it a myth? This workshop examines the many challenges women face as they navigate the line between professional and personal demands. If you often struggle with feeling “work stress” while at home and “home stress” while at work, this class will help you identify what balance means to you and how to create it.

Attendees will:

- Examine the unique factors that contribute to women feeling overwhelmed
- Identify common traps that threaten peace of mind such as perfectionism, comparison, self-doubt and guilt
- Discover strategies to balance multiple demands such as identifying values, setting limits, saying no, managing interruptions, “dropping the ball” as advised by author Tiffany Dufu, and single-tasking
- Learn about resiliency and how it can help you manage the competing demands of today's complex world
- Explore the science of mindfulness and its many real physical and mental health benefits

► **The Power of Grit: 10 Ways to Become More Resilient**

“I don't measure a man's success by how high he climbs but how high he bounces when he hits bottom.” – George S. Patton Jr.

We all know someone who seems to handle life's ups and downs with a sense of acceptance and ease - someone with “grit” who bounces back easier than most. This workshop will help you take a step back and examine why. Everyone has both positive and negative stressors in life and we all need to navigate

change, but it is possible to persevere and perhaps even thrive during such times. One secret to dealing with the inevitable stress of life is developing and maintaining personal resilience. Together we will explore 10 ways to become more resilient so you can improve your ability to adjust and recover from life's inevitable curve balls.

Attendees will:

- Conduct a self-assessment to determine “How Resilient Are You?” and why it matters
- Examine the mindset of resilient people and how to learn from their example
- Understand how resiliency helps to build your personal strengths, improve your relationships and foster mental toughness in today's complex world
- Learn 10 ways to harness the power of grit to become more resilient

▶ 3 Keys to Leadership: Coaching, Motivating & Delegating

“A leader is one who knows the way, goes the way, and shows the way.” – John C. Maxwell

Take a minute to think of someone you admire that has made a positive impression on you. Most likely this person made you feel valued, energized and capable – in other words they embodied leadership. Leadership is a dynamic skill based on your everyday actions, not simply your job title. This workshop will explore the leadership mindset and help you master three key skills: coaching, motivating and successful delegating.

Attendees will:

- Identify what it means to be a leader
- Learn how to overcome barriers to effective delegation
- Recognize how to build loyalty and trust through coaching
- Create a plan to drive engagement and energize teams
- Develop essential leadership skills

► **'Tis the Season: Practical Tips for Managing Holiday Stress**

"It's all about finding the calm in the chaos." – Donna Karan

'Tis the season for unrealistic expectations, hectic schedules, financial stress, unhealthy habits and unpredictable (or perhaps quite predictable!) family dynamics. The heightened stress of the holiday season impacts 8 out of every 10 Americans, so ask yourself ...is it really *"The Most Wonderful Time of the Year?"* Perhaps your answer is an enthusiastic "yes", a resounding "no", or somewhere in between. Regardless of how you feel about the upcoming holidays, stress levels are higher for most people and this session will help you create a plan for a happy and healthy holiday season.

Attendees will:

- Acknowledge both positive and negative aspects of the holidays
- Identify common sources of holiday stress
- Learn practical, realistic tips to reduce holiday stress
- Reflect on traditions – both old and new – and create meaningful moments
- Understand how self-care, realistic expectations and simple pleasures can help you navigate the season

MEET OUR TEAM



Gail Miniutti-Parsons
FOUNDER & PRESIDENT

Leadership development expert and motivational speaker Gail Miniutti Parsons has been training individuals and groups for over two decades sharing her empowering message of personal and professional balance.

Gail, is known for her genuine, conversational style, as well as her ability to personally connect with a group and bring out the best in people. Gail's fusion of down to earth anecdotes, academic expertise, practical strategies, and humor have earned her a reputation as an engaging and effective speaker.

Renowned organizations such as Harvard University, Bristol-Myers Squibb, General Electric, Blue Cross Blue Shield, Abbott Laboratories, MIT and Morgan Stanley have partnered with Gail when they want keynotes and workshops with thought provoking content that leave participants feeling uplifted, energized and inspired.

As a student, Gail earned her Bachelor's Degree in Psychology from the University of Rhode Island and her Master's Degree from Wheelock College in Boston. As a leadership expert, she honed her coaching skills via decades of field experience and delivery of thousands of training programs. As a mother, wife and business owner, Gail has earned real-life experience parenting three growing boys and one growing business.



Leslie Lagos
CONSULTANT

Leslie Lagos, consultant for Lifecycle Focus holds a Bachelor's Degree in Management from Stonehill College and a Master's Degree in Communication from Suffolk University in Boston.

As the former President of a non-profit computer training school, Leslie was instrumental in helping the unemployed and economically disadvantaged gain confidence and skills to re-enter the workforce. Leslie also led the day-to-day operations of the school's corporate training programs, providing training to thousands of employees in corporations throughout New England.

Positive mental attitude and mindfulness are attributes Leslie cites as keys to her success.

As a mother of four growing children, Leslie also brings her everyday experiences to her work/life balance seminars. Leslie has a strong appreciation for the need to slow down and be present. She strives to help individuals gain control and energy to maintain true happiness; her motto being 'the joy is in the journey'. Her compassion and spiritual nature have been instrumental in her success as a presenter.

Leslie resides in the Boston area with her husband and four children.



Stephanie McLaughlin
CONSULTANT

Stephanie McLaughlin holds a Bachelor's Degree in Finance from Merrimack College and a Master's Degree in Business Administration from Boston University. She has more than twenty years of experience in the financial services industry during which time she held positions in management, consultancy and corporate and product training.

Currently, Stephanie conducts seminars and workshops on a number of topics, including personal budgeting, recession proofing your finances, how to protect your financial life, debt reduction, how to increase your credit scores, retirement and estate planning. She is equipped to offer expertise in all areas of management, business communication, technology, navigating career changes and professional growth.

Stephanie is passionate about helping others learn the skills they need to better manage their personal finances. Whether helping to create a budget for the first time or helping to make savings a reality and not a dream, Stephanie is happy to offer her guidance and advice. Understanding where your money goes and whether or not you are on track to reach your goals is something we all need to know and she is convinced that to succeed you must start with good money habits. Her back to basics and energetic approach to personal finance topics makes the material both interesting and accessible to all - regardless of your income level.

Stephanie is an avid reader, committed Boston sports fan, wife, and mother of three children.



GERALYN LANNON
CONSULTANT

Health and fitness trends may come and go but the enthusiasm, energy and optimism that GERALYN LANNON brings to her workshops is here to stay. For over two decades GERALYN has taught both small and large group fitness classes ranging from step aerobics to strength conditioning to 30/30 interval training. Inspirational, high-spirited and approachable she holds CPR and Athletic and Fitness Association of America (AFAA) certification.

GERALYN sincerely believes in the power of building employee engagement through workplace wellness programs and has partnered with many organizations to share her philosophy that positive change happens from the inside out.

Whether it's losing weight, eating healthier, or starting a fitness program GERALYN's unique combination of warmth and humor will engage your employees and inspire them towards health and happiness.

As a graduate of Iowa State (yes that makes her a Cyclone!), GERALYN's business and marketing background also makes her qualified to facilitate a wellness program with real results such as decreased absenteeism, increased productivity and lower health care costs.

LET'S TALK



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