

# Mary Kay Campbell, MA

Storyteller | Speaker | Coach

## Executive to Disabled

Support your team members  
with invisible disabilities

A team member doesn't seem engaged.  
Another can't focus.  
One of them called out. Again.

Are they "bad" employees? Probably not. In fact,  
they may have an invisible disability that limits their  
engagement and energy.

According to the CDC, 10% of the adult population  
has an invisible disability. That equates to 61 million  
adults in our country.

MK knows all about it. As a former executive who  
incurred a traumatic brain injury, she understands  
how invisible disabilities can impact daily living and  
work. This survivor can help you find ways to  
accommodate and support your team.

As she says,

*"I still have nearly 30 years of strategic  
marketing and communications experience and  
expertise. I just have to modify how and when I  
expend energy. And, I need support in new and  
different ways to be successful. Your team  
members are the same."*

MK's bright, enthusiastic and warm personality  
shine through in this keynote presentation. She  
shares deeply personal details of her journey to  
help leaders find the best ways to support their  
team members. And she does it in a way that  
leaves audience members hopeful and energized.

## Book MK today!

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## Reclaim Your Moxie

Crush burnout with joy,  
purpose and community

Your organization is filled with leaders who have poured themselves into everyone and everything - work, their families and every other demand. They have been there for you and maybe they feel exhausted.

They may be feeling lost, disengaged,  
tired and overwhelmed.

They may be wondering,

*“Is this what I’ve been working for  
all of my life?”*

The beauty is, we can all write the next chapter of our lives. We are the authors and MK can help you find joy, purpose and community through her:

### *Six-Step Sizzle Experience*

Define what makes you happy

Incorporate peace

Identify what’s holding you back

Find your inner circle

Identify your AHA (Audacious, Hell-Yeah Adventure)

Develop your personal sizzler (mantra)

MK is a TEDx speaker, former public speaking professor and public information officer. She knows how to draw in audiences and leave them wanting more. Your guests will leave her speech energized, smiling and with an actionable plan.

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EMPOWERING WOMEN

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## Network with Purpose

Do more than collect business cards.  
Make friends and connections.

Leaders know they need to do it. They have to grow their funnel and to do that, they have to network.

The problem is, networking events are often overwhelming and awkward. Many leave with a stack of business cards and never do anything with them.

Now, you can help your leaders maximize these events and enjoy this fun and interactive presentation.

MK breaks down networking and provides simple conversations starters, tips and techniques to help even the shyest leader feel more comfortable.

MK is a master networker and connector. As a TEDx speaker, former public speaking professor and public information officer, she has used her experience and expertise to teach everyone from executives to accountants.

Her bright, enthusiastic and warm personality shine through and your guests will leave her keynote energized, smiling and with a plan to build their networks and make authentic connections.

*"After having Mary Kay present at one of our events, we received rave reviews. She is a wonderful presenter and speaker, and she brings tremendous value to my networking circle."*

*Networking Business Owner  
Keith Reynolds*

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## Speaking Help for Reluctant Speakers

Tame Your Fear with this  
seasoned TEDx Presenter

Sweaty palms, racing heart and nausea can flare with public speaking. And leaders are often called on to speak at everything from an all-team meeting to a public event or fundraiser. Public speaking is a skill leaders need to hone.

MK can help. She has spoken to thousands as a TEDx speaker, at events and at trainings. She's served as a public information officer, working with all forms of media. Most importantly, she's taught public speaking to adult learners at North Carolina State University, a variety of businesses and with the Virginia Employment Council. She knows how to speak and how to help others be effective and calm.

MK's bright, enthusiastic and warm personality shine through in this keynote presentation. She uses her more than 30 years of public speaking experience to provide practical tips and techniques. Leaders leave her programs energized, smiling and with an actionable plan.

*"Mary Kay is one of the most energetic and collaborative marketing professionals I have had the privilege to work with. She is a great person to brainstorm ideas with and is an extremely beneficial coach for public speaking."*

*Matt Hale, CPA, Manager, Hantzmon Weibel*

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## Master Media Interviews

Tips, techniques and insider secrets

You want to introduce a new product to the public.

There's been an accident and the media are in the lobby with cameras rolling.

You've about to celebrate 25 years in business and you want to tell the world!

The media plays a vital role in your business. The problem is, you are an expert in your field, not in talking with the media. The very thought of it makes you anxious.

Where do you look? What do you say? What if they take what you say out of context? What if you don't know how to answer their questions? What if you look like an idiot?

Media relations isn't for the faint of heart, but you can learn how to present your best self in these situations. MK can help.

As a former strategic marketing & communications executive, MK has prepared dozens of executives for their "15 seconds of fame," 100% of her press releases have been picked up by the media and she's dealt with hostile media and hot national news stories with grace and professionalism.

In other words, she understands the media and can help your team prepare for interviews and crises. In this keynote, she provides tips, techniques and insider tips to help you get YOUR message out through media interviews.

**Book MK today!**

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