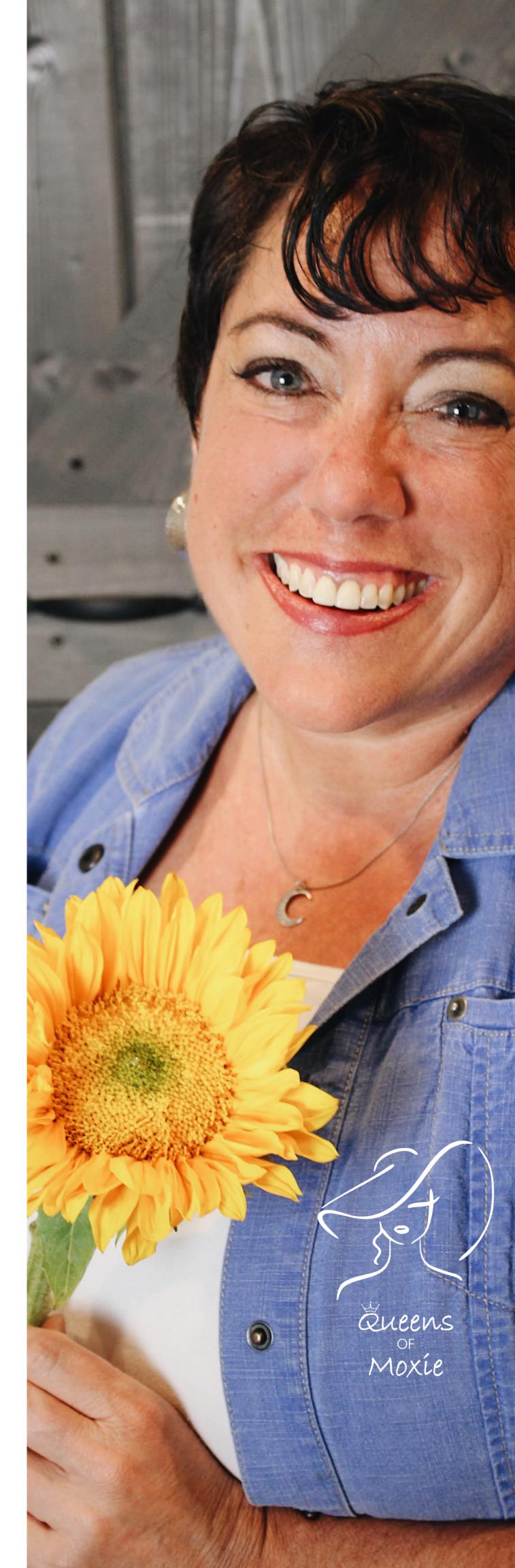
Executive to Disabled

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!

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:

Síx-Step Sízzle 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.

Book MK Today!

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

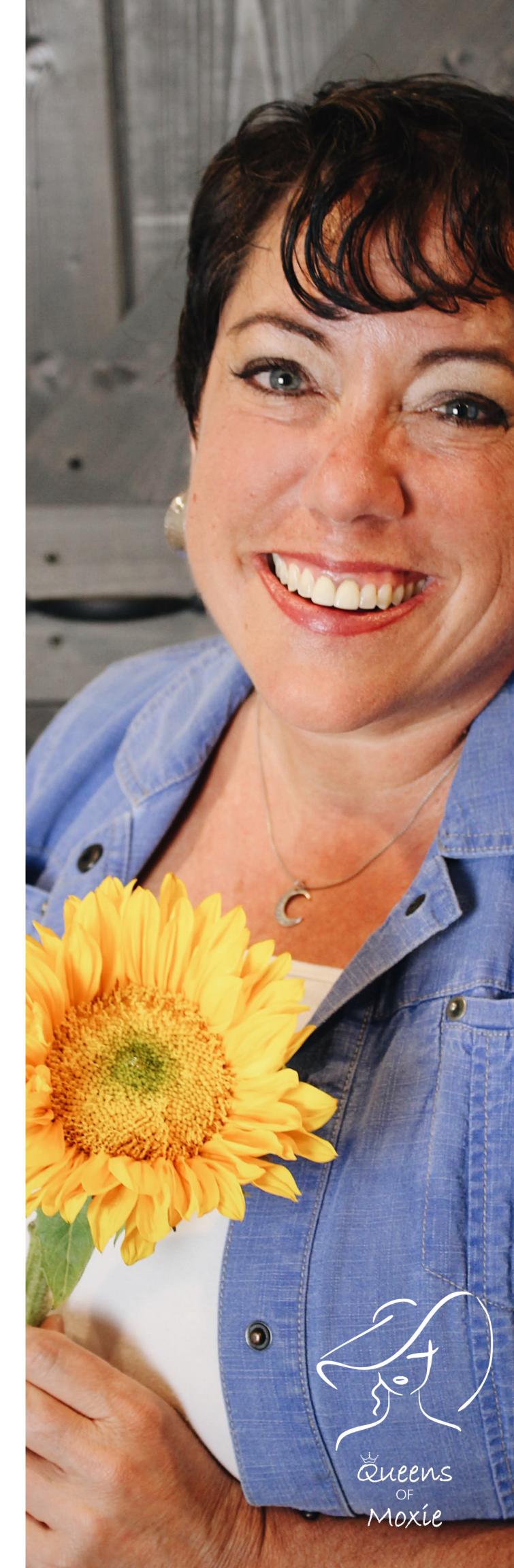
Book MK Today!

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

Book MK Today!

Master Media Interviews

Tips, techniques and insider secrets

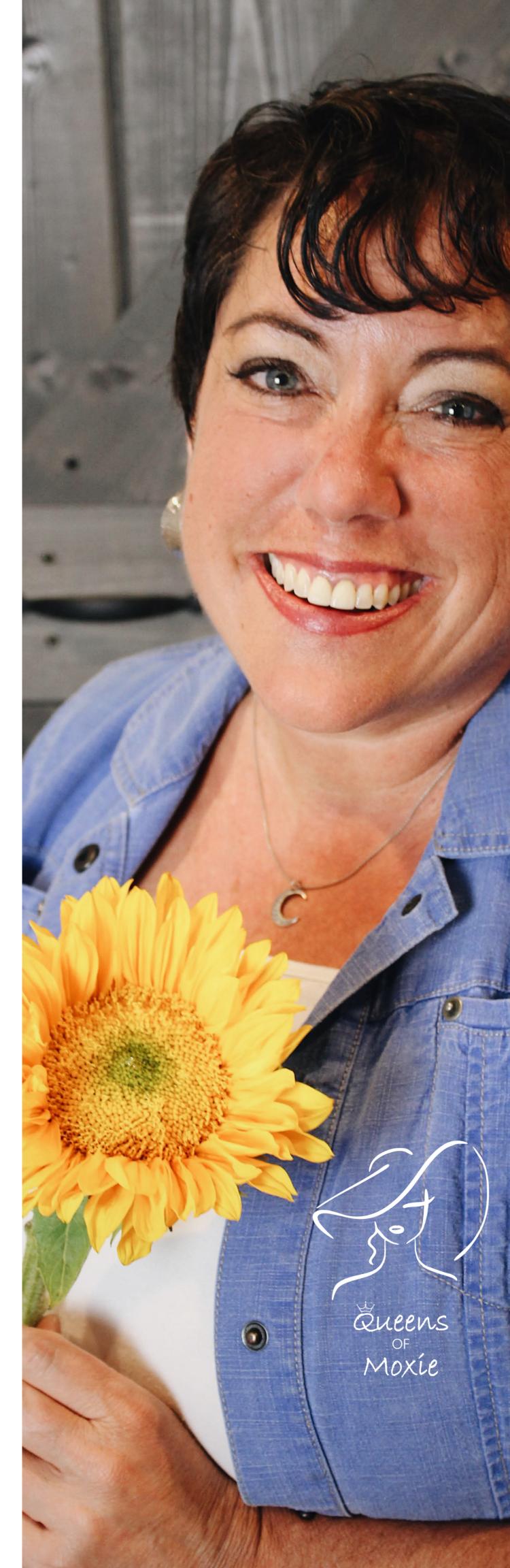
You want to introduce a new product to the public.

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!