



DR. TONY FERRETTI

BALANCE BREEDS SUCCESS

Dr. Ferretti, a psychologist in private practice for over twenty years, shares his expertise to help others recognize the addictive nature of power, control, and success and the importance of balance in maintaining healthy relationships. Dr. Ferretti, a relationship expert, appeared on The Dr. Phil Show, hosted his own weekly radio show, has numerous media appearances, is an active blogger, and is a sought after public speaker.

In his private practice, Dr. Ferretti has helped literally thousands of clients to identify the unhealthy thoughts, actions, and interactions that cause relationship problems and lead to potentially destructive behaviors. He has a direct and no-nonsense approach to therapy; his referral sources routinely send him challenging and resistant clients. Dr. Ferretti has recently completed a manuscript "Change Your Life, Not Your Wife," that has been submitted for publication.

He inspires, motivates, teaches, and transforms audiences with humor and practical strategies for change. Dr. Ferretti captures people right where they are and empowers them to modify their approach to life. Book Dr. Ferretti to speak at your next meeting or event and share his vision that relationships are our legacy.

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TOPICS

SUCCESSFUL PEOPLE EMBRACING BALANCED LIVES:

PART I:

This presentation covers the impact society has on our drive for success and the subsequent damage to our relationships. The focus is on understanding and changing the ways we interact and relate to others. More specifically, learning new communication skills and conflict resolution strategies will enable us to be more connected to our spouse, family and friends.

PART II:

The focus of this seminar expands on the factors that negatively impact relationships and further damages connections. This presentation discusses the specific personality traits that bode well in one's career, but can destroy marriages. This presentation will include strategies to build trust and intimacy and achieve forgiveness in the process of healing and connecting.

MANAGING "TYPE-A" PERSONALITY:

Learn more about the characteristics of a Type-A personality and the origin of these traits. Also understand the impact of these traits on personal relationships and factors that perpetuate these behaviors. Lastly, learn ways to modify certain aspects of your personality and shift your focus from tasks to people.

ACHIEVING BALANCE IN A STRESSFUL WORLD:

Understand the ways in which stress affects us physically, emotionally, mentally, and relationally. This presentation will also give insights into the destructive ways we respond to stress. Learn strategies to manage stress rather than it managing you along with discovering new ways to approach life in a stress-filled world.

INSIDE OUT SELF-ESTEEM:

In today's society, people often garner their self-esteem from external factors such as wealth/material possessions, physical appearance, approval/praise from others, popularity, and power. These factors are often contingent upon other people, are temporary, and are ever changing. A lack of control over external self-esteem components results in a "never good enough" mentality. On the other hand, internal self-esteem elements such as self-praise, assertiveness, forgiveness, healthy boundaries, and living a balance life are self-generated, not contingent upon others, and have long lasting, positive effects. We also have more control over the internal aspects. Understand the reasons for being fixated on the external elements and learn ways to generate more of the internal self-esteem builders.

SUSAN GUZZETTA

PROFESSIONAL SPEAKERS FOR ALL OCCASIONS

DR. TONY FERRETTI

CLIENT LIST

University of Texas/Dallas
Holmes Regional Medical Center
Trinity Presbyterian Church
Flight Safety International
Florida Psychological Association
Health First Pro Health and Fitness Center
West Melbourne Nursing Center
Rockwell-Collins
Atlantic Pulmonary Rehabilitation
Brevard County Coaches Association
USA Today/Florida Today
Brevard County Bar Association
Trico Home Health Services
Brevard Association of Human Services
HealthSouth Rehabilitation
Brevard County Health Exposition
Florida Institute of Technology
Association for Rehabilitation Nurses
Rehabilitation Specialists of Orlando
American Academy of Medical Assistants
Rehabilitation Specialists at Intercorp
Brevard Community College

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TESTIMONIALS

"Engaging audiences with humor and humility, Dr. Tony entertains as he teaches us about ourselves. His anecdotes drawn from everyday life will have you smiling in self-recognition. You will get the point - in a way that you'll long remember!"

Peter J. Weiss, M.D.
Vice President/Medical Director
Christian Care Ministry

"Dr. Ferretti was a dynamic and passionate keynote speaker for our annual Parenting Workshop. The audience was engaged the entire time and his high energy along with his professional expertise proved to be a powerful combination. His genuine enthusiasm and relevant points helped convey a positive message that was very well received."

Ginny Gleason
Resource Teacher
Brevard County School Board

"Dr. Ferretti uses humor extremely well, yet he can put a lump in your throat when he speaks about the tragedy of failed relationships. His professional competence, winsome speaking manner, and incredible insights make him a sought after speaker."

Michael T. Carey, D.Min.
Pastor, Trinity Presbyterian Church

"Dr. Ferretti's commonsense and straight forward discussion style allows for both an entertaining and thought-provoking presentation. He has a remarkable ability to "crack the nut" of engagement with busy professionals through the injection of numerous examples and anecdotes relating relationship issues common to the "Type A" professionals."

John M. McKinney, Jr. MD, MBA, FACS
Cardiothoracic Surgeon

"Dr. Ferretti is known for his clinical skills, the fact that he is an eloquent engaging speaker is a bonus for us all. Dr. Phil brought us psychology we could relate to... Dr. Tony brings psychology we can feel. He cares as much as anyone about the struggles humans face and does an excellent job in sharing his clinical skills in a public forum to inspire hope for all of us."

Earnest Seiler, M.D.
Private Practice Psychiatrist