

SUSAN GUZZETTA

PROFESSIONAL SPEAKERS FOR ALL OCCASIONS



CONNIE MERRITT RN, BSN, PHN

TOPICS FOR TOUGH TIMES TO MAINTAIN THAT SPARK FOR LIFE

With timely and relevant programs, Connie Merritt, RN, PHN, is a compelling storyteller and award-winning author, delivering critical content that is so important—especially during these tough times.

In her new book just released from McGraw-Hill, *TOO BUSY FOR YOUR OWN GOOD*, Connie helps people and organizations make vital adjustments in their personal lives and careers to manage the multiple decisions and requests being placed in all areas of life – especially during these “do more with less” times. Busyness – when unmanaged – can destroy our balance in life...our health, relationships, finances, and career. It scrambles our priorities and all too often in the wrong order, leading us into stress and a cluttering of our lives.

Connie has a reputation for delivering breakthrough information for tough times to get that spark for life – including timely research gathered from top leaders in medicine, business and brain-response studies. Her programs draw upon her vast experiences as a registered nurse, researcher and business professional.

With Connie's step-by-step tactical teachings, that are well-seasoned with energy and humor, she has a gift providing critical content and connecting with her audiences by spinning unforgettable tales, being relevant and compelling – moving audiences to take action which reap benefits now and into the future.

Top three reasons to consider Connie for your next meeting:

- Your support will be higher during meeting planning and implementation – A professional with excellent reviews, Connie has addressed more than 600 groups (1 million +) and knows about your deadlines, constraints and concerns
- Your attendees will feel heard, understood and connected – Connie's active experience and credentials plus her community involvement makes her “one of them.”
- Your meeting will surpass expectations as Connie's pre-meeting research and planning delivers step-by-step tactical teachings, that are well-seasoned with energy and humor, providing critical content and connecting with her audiences by spinning unforgettable tales, being relevant and compelling – moving audiences to take action which reap benefits now and into the future.

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TOPICS

Quitting Is Not An Option

Pressing Forward & Bouncing Back in Tough Times

Quitting is NEVER an option with a champion and every champion you ever meet, will tell you - there was a day, a moment and an hour when they decided, with a choice of their own will - to never quit. The world around us is shifting and these are rapidly becoming the toughest times most of us have ever seen. Tough times call for tough decisions. The first decision is not to quit - but to persevere wisely and not give into a prevailing atmosphere of fear. Connie helps organizations and individuals understand how to take the necessary actions to make the decisions to meet their challenges by leading and inspiring...and NOT retreat into the paralysis of "just holding on." In this current economic climate people must be trained to lead in a forward-thinking way because "just holding on" is a strategy doomed to fail.

In this program, people learn the best practice skills and strategies of moving forward - even during this tough time - realistically, but with optimism and sensibility. They learn how to manage and plan, focus, motivate, adapt and lead in order to thrive -- not just survive -- avoiding the biggest mistakes in a "do more with less" environment. Learn how to eliminate the factors that lead to bad decisions and task paralysis. Learn skills for flexibility and managing change, uncertainty and stress as well as how to maintain productivity and morale. This program provides models on how to balance compassion with logic in the face of change; how to keep focus of goals when multiple demands are placed up them; as well as effective time management tips to lighten loads, getting more done and reducing stress. Content includes skills to eliminate anxiety and stress that hampers productivity along with important skills on how to handle resistance that comes with change.

Get That Spark Back for Life

Too Busy For Your Own Good

Once you start asking what else you can fit into your schedule, where does it end? In these challenging times of "do more with less" -- are you forced to multitask to get it all done? And, even if you get it all done, there's still more!

This topic is so important and particularly at this time as it helps people and organizations make vital adjustments in their personal lives and careers to manage the multiple decisions and requests being placed in all areas of life - especially in a "do more with less" economy. The demands of busyness can destroy our balance in life...our health, relationships, finances, and career. Busyness can scramble our priorities and all too often in the wrong order ...leading us into stress and a "just hold on" lifestyle. Connie delivers solid content with a style that is engaging and versatile while providing life-changing principles for individuals and organizations to make wise decisions in managing activities, people, deadlines, and endless to-do lists (providing enough time to recharge "to do" the things that are really needed "to do").

Based on extensive research from her latest book, TOO BUSY FOR YOUR OWN GOOD (McGraw-Hill, 2009), Connie encourages her audience to take action with a supportive, practical plan for bringing new vitality into your life to get that spark back. Gain practical skills for productivity and more value than ever before. Learn better ways to get organized, stay motivated, manage projects, work independently and handle the pressure in a "do more with less" environment of multiple tasks, deadlines, and people.

Learn how to handle demands, touchy topics, problem people and sticky situations with finesse and skill. You will feel on top of challenging situations with more energy as well as new confidence in yourself and your abilities -- once you put this extensive collection of tips, secrets and skills to work.

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TOPICS (continued)

Dealing with Complainers, Bullies, Grumps, Curmudgeons and Other Difficult People

Tame the Lions in Your Life

Learn time-tested ways to manage unruly "lions"— those difficult people like complainers, bullies, grumps, curmudgeons, and passive-aggressives. These are the "lions" that can tear people apart, decrease productivity, and increase stress. There are certain people in every circle that could win awards for Curmudgeon of the Year. As well, there are those better known for their bullying behavior, unrealistic demands, condescending tones and unhealthy controlling gestures -- while others specialize in Whine n'Jeez Parties! Learn powerful skills for resolving conflict as well as options for handling hostility and reducing frustration, intimidation and manipulation by those who demand, bully, complain or are passive aggressive. Discover how to keep unmanaged conflicts, disagreements and out-of-control emotions from harming your important working and personal relationships.

This session provides step-by-step strategies and approaches to help anyone when faced with difficult people while managing through and maintaining their productivity. You will master the skills for the confidence, professionalism and competence for a positive, successful outcome.

The Healthcare Rx for Tweets, Googlers and Geezers

The Future of Healthcare & What to Expect This Decade

What are the future trends that will rock healthcare and how will they affect you? Do you wonder what healthcare will be like in this coming decade? You must be ready for an extensive shift in focus in the healthcare management toward concentration on maximizing the length and quality of life. You are a technological-age caregiver, dealing with new fields such as genomics, bioinformatics and pharmacogenomics. You are thrust into a world of complex responsibilities, confusing dilemmas and high-stakes decisions - all in a pressure-cooker environment where evidence-based outcomes and the "right thing to do" reigns. With the information in this program you will explore your options and opportunities for teaching wellness and coordinating patients with their environment, technology and treatments.

Stress-Busting Breakthroughs in a 24/7 World

Stress-Busting from a Critical Care/Trauma Nurse

Are you stressing over the challenging "do more with less" times, sweeping layoffs, large assignments, increased responsibilities, deadlines and reform controversies? If you're worrying over red tape, a stalled career, job security or personal upheavals, strengthen yourself with the latest remedies for stress. From recent research, more than half of the people polled report an increase in stress since last year. Therefore, most people in your organization are exhausted or traumatized and will likely experience stress-related symptoms. You can identify your hot buttons, recognize when you cross the line to damaging stress and learn how to reduce your own (and others) anxiety and stress.

This program helps you by computing your present stress level, as well as providing solutions to stress that work. Discover mental habits to combat stress and identify physical methods to deescalate tense situations. Explore and utilize your most powerful way to diffuse stress and understand how to reverse the damage of prolonged anxiety.

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CLIENT LIST

3M Health Information Systems

ADP

Affordable Housing Management Association

Affordable Meetings - West, Midwest, National

Alabama Tourism and Travel

Alaska Visitors Association

American Association of Blood Banks

American Association of Healthcare
Administrative Management

American Association of Homes & Services for
Aging

American Association of Legal Nurse Consultants

American Association of Neuroscience Nurses

American Association of Occupational Health
Nurses

American Association of School Librarians

American Association of University Women

American Health Care Association

American Library Association

American Organization of Nurse Executives

American Rental Association

American Society of Operating Room Nurses

American Society of Perianesthesia Nurses

American Society of Travel Agents

Apartment Association of Indiana

Arkansas Health Care Association

Arkansas Pharmacists Association

Association of Air Medical Services

Association of General Contractors

Association of Girl Scout Executive Staff

Association of Legal Administrators

AT&T Wireless Network Systems

Building Industry Credit Association

Business & Professional Women, USA

California Association of Hospital & Health
Systems

California Dietetic Association

Case Management Society of America - DFW

Clemson University

Combined Clinical Conference on Emergency

Medicine

Corporate Women of AT&T

Cosmopolitan Magazin

Council on Aging

Credit Union Executives Society

Dermatology Nurses Association

Dive Equipment Manufacturers' Association

Executive Women International

Federated Ambulatory Surgery Association

Financial Women International

Gannett Healthcare Group

GEICO General Insurance Company

Hinman Dental Society

Hotel Sales and Marketing Association
International

Idaho Association of Realtors

Illinois Credit Union System

Insurance Agents & Brokers Association

International Association for Financial Planning

International Association of Airline Marketing

International Association of Convention & Visitor
Bureau

International Association of Exposition
Management

International Association of Fairs & Expositions

International Ice Cream Association

J. F. Shea Therapeutic Riding Center

Jiffy Lube International

Kaiser Permanente Hospitals

Kansas State University

Leading Hotels of the World

Mayo Clinic and Foundation

McDonnell Douglas

Medical Group Management Association

Meeting Planners International

Mid States Association of College Bookstores

Milk Industry Foundation

NAR Association Executive Institute

National Association of College Stores

National Association of Directors of Nursing
Administration

National Association of Educational Procurement
(NAEB)

National Association of Exposition Managers

National Association of Legal Professionals (NALS)

National Association of Pediatric Nurse
Practitioners

National Association of Orthopaedic Nurses

National Association of Realtors

National Association of Secondary School
Principals

National Association of Women Business Owners

National Automobile Dealers Association

National Federation of Licensed Practical Nurses

National Restaurant Association

Nationwide - Prime Time University

Nemschoff

North Carolina Association of Rehabilitation
Professionals

Northwest Mutual Financial Network

Oregon Organization of Nurse Executives

Professional Secretaries International

Prudential Insurance

Retirement Management Corporation

Rural Nurse Organization

Sales & Marketing Executives

Sharp Healthcare Foundation

Society of Government Meeting Planners

Stanford University Medical Center

Tenet Healthcare System

The Special Event

Toastmasters International

University of California, Irvine

VHA of America

Women in Management

Women in Sales

Women of AT&T

Women's Council of Realtors

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TESTIMONIALS

"We've hired over 100 speakers since the organization was founded, and your speech was one of the best I've heard...thought-provoking, packed with information, and entertaining."

Chuck Whitlock
Chairman, Executive Officers Club

"Your presentation was entertaining, challenging, and academic, all wrapped into one."

C.E. (Chuck) Walker
Kansas State University Annual Conference

"Many of the attendees tell me that they've been able to take with them things they truly feel they can use, both in their personal and professional lives."

Julie Smith
Corporate Women of AT&T Annual Meeting

"You were our highest rated speaker this year."

Gail D. Durant
Federated Ambulatory Surgery Association

"Some said that your program was the highlight of the whole convention!"

Linda DeBerry
Pfizer National Healthcare Operations

"As always, you were terrific, comments included 'I could listen to her over and over!'"

Robin Wilson
Society of Government Meeting Professionals