

Mary LoVerde

International Work-Life Balance Expert and Change Catalyst

Please contact a GDA agent for information.

Topics

- Wellness
- Work-life Balance



About Mary LoVerde

Mary LoVerde believes life is a balancing act. Her passion is finding creative ways to live a joyful and successful life. She has delighted audiences from Bangkok to Biloxi with her step-by-step strategies for a more balanced life. Embraced by both men and women alike, her diverse client list spans from the Mayo Clinic to the American Trucking Association.

She is the author of three best selling books: *Touching Tomorrow, I Used to Have a Handle on Life but It Broke* and *Stop Screaming at the Microwave*. She has appeared on ABC World News Tonight, a 20/20 special on women and stress and four times on the Oprah Winfrey Show. She is a contributor to the best selling books *Chocolate for a Woman's Soul*, *Chocolate for a Woman's Heart* and *Young for Your Life: The Best Anti-aging Secrets for Women*. Mary has touched millions through her articles in prominent magazines from the Wall Street Journal to Family Circle.

Mary served on the faculty of the University of Colorado School of Medicine for fifteen years as the director of the Hypertension Research Center.

She proudly serves as the national spokesperson for Camp to Belong, which reunites brothers and sisters placed in different foster homes for events of fun and empowerment.

Mary is the mother of three children. She happily resides with her family in their living laboratory in Aurora, Colorado.

Select Keynotes

- **I Used to Have a Handle on Life But It Broke**

You've organized, prioritized, and delegated. You've made friends, linked in and have klout. You're a veteran of the time-management wars, fighting for the life-balance ideal – and you're losing! In this humorous and fast-paced presentation, you'll learn a new work-life balance approach. You'll leave armed with "works in real life" ideas for staying connected to what matters most.

- **The Elusive Work-Life Balance: What's In It For Business?**

Emerging research from neuroscience and economics show that the link between a thriving workforce and better business performance is absolutely clear: Happy employees scored three times higher in productivity, sales, and creativity, and felt ten times more engaged. But leaders' plates are full. Who has time to make people happy? In this fun, interactive session you'll learn strategies to enhance your own work-life balance and feel more energy at both home and office.

- **The Invitation: When You Are Ready to Take Your Next Step**

Do you believe there's more to life- and just aren't sure how to move forward? In this interactive session you'll explore what's holding you back and receive valuable lessons to help you lead the life you want now...not someday. If you are ready to quit what's not working and kick-start what does then take your next step and say yes to The Invitation

- **Women's Conferences: Stress & Work-Life Balance: I Used to Have a Handle on Life But it Broke**

At work, are you thinking about family responsibilities... and at home, are you thinking about work responsibilities? If so, join the club. In this interactive program Mary facilitates a fascinating exploration of how women can create connection while addressing multiple demands. You'll love her stories of women just like you who have learned how to honor their different roles with strategies that keep you focused on what's most important, even when you have a dozen things to do, yesterday.

- **Women's Conferences: Leadership/Career Development: Ready to Take Your Next Step?**

In a research study of thousands of business leaders,* women outscored men in all but ONE of the 16 leadership competencies. What was it? "Develops a Strategic Perspective." More men than women focus on developing skills and relationships that support their success. In this high-

content program, you'll get clear about what you want and what you need to quit in order to advance your career and develop an improved strategic perspective. There's no reason we can't make it 16 out of 16. (*Jack Zenger, Joseph Folkman, Harvard Business Review)

Select Book Titles

- **2012:** The Invitation...When You're Ready to Take Your Next Step
- **2011:** I Used to Have a Handle on Life But it Broke: Six Power Solutions for Women with Too Much To Do
- **1999:** Stop Screaming At The Microwave! How to Connect Your Disconnected Life