

Tricia Molloy

Corporate Leadership Speaker on Work-Life Balance and Achieving Goals

Please contact a GDA agent for information.

Topics

- Change Management / Organizational Change
- Human Resources / Workforce Issues
- Inspiration / Achievement
- Motivation
- Peak Performance
- Personal Growth
- Productivity
- Stress Management
- Wellness
- Work-life Balance



About Tricia Molloy

Tricia Molloy is a work-life balance strategist and an acclaimed corporate leadership speaker. She specializes in empowering emerging leaders. Organizations like Marriott, Kellogg's, the CDC and the Network of Executive Women hire Tricia to inspire their people to perform at their best every day. She is the author of "Working with Wisdom: 10 Universal Principles for Enlightened Entrepreneurs" and the "CRAVE Your Goals!" and "DESIGN Your Ideal Life!" ebooks.

Tricia started her own public relations firm, Molloy Communications, in 1988 to support the success of other passionate business owners. In 1997, while married with three-year-old twins, her husband died suddenly of a heart attack. This traumatic loss was a painful reminder of how fragile life can be and the importance of focusing our time and energy on what really matters. She vowed to make the most of every day and inspire others to do the same. That's what led her to write her book and start her Working with Wisdom speaking, training and mentoring firm in 2006.

Known as "The Queen of Serene," Tricia's wise, peaceful presence and common-sense advice are welcome in today's challenging, complex business environment. Through conference keynotes and breakout sessions, and employee development talks, workshops and webinars, Tricia inspires people to achieve their professional and personal goals faster and easier by capitalizing on the power of their subconscious mind and life-changing principles—like Visualization, Affirmations and Gratitude. She also facilitates vision board workshops for high-potential employees.

For professionals who want to enjoy more success at work and in life, Tricia offers a one-on-one, short-term coaching program.

A trusted media resource, Tricia has been featured in Entrepreneur Magazine, The Atlanta Journal-Constitution, the Atlanta Business Chronicle and on radio and television. She is a contributing author in "Good Business: Putting Spiritual Principles Into Practice at Work."

Tricia is a board member of the Georgia chapter of the National Speakers Association, where she serves as director of marketing. She's also a member of the Network of Executive Women where she contributes to The Juggle blog and speaks at their national conferences.

A native New Yorker, Tricia earned her broadcast journalism degree from New York University and was an award-winning radio talk show producer in New York and Phoenix before becoming an entrepreneur. On a personal note, Tricia and her husband, Rick, are the parents of twins, Connor and Allyson. They live in the Atlanta suburb of Marietta with their joyful golden retrievers, Lucy and Bella. Whenever they can, they're playing at their beach home in Gulf Shores, Ala.

As she encourages others to find their life purpose and make it their life's work, Tricia is fulfilling hers, which is: Through support and by example, I inspire others to follow their dreams and live joyfully on purpose.

Select Keynotes

- **CRAVE Your Goals! Five Simple Steps to Be More Positive, Proactive and Productive**

Did you know that universal laws are always at work that either support or sabotage our success? Laws like "The Universe abhors a vacuum" and "What you focus on expands." Capitalize on the power of your subconscious mind and these laws to achieve goals faster and easier. Participants

develop critical leadership skills, boost productivity, build authentic relationships and banish stress. Learn how to master the five-step CRAVE system: Clean Out the Clutter to create the clarity and space you need to accomplish your goals Raise Your Energy to maintain a positive attitude Affirm Success to remind you what you know to be true and counter negative messages Visualize your goals through a three-step process Express Thanks to focus on what's going right and show appreciation to others for supporting your success This program can be customized to focus on sales, customer service, leadership, teamwork wellness or other specific organizational goals or event themes. For conferences, Tricia can present "CRAVE Your Conference Goals!" as an event-ending keynote or breakout session.

- **DESIGN Your Ideal Life! Five Simple Steps to Live and Work with Purpose and Passion**

Professionals who have a clear sense of purpose enjoy their work and are more likely to excel at it. In this program, we'll explore how to define your life purpose and four other success strategies. What we choose to think, feel, say to others, and ourselves and believe to be true creates our reality. Commit to create your reality by design and not default through this simple five-step DESIGN formula: Define Your Life Purpose Embrace Prosperity Seek Insights Get Real (Be authentic.) Nurture the Moment (Stay present.)

- **Work-Life Balance Wisdom: Seven Smart Strategies for Less Stress and More Success**

In a world where the professional and personal demands of our lives often collide and compete, we long for more balance or integration. In this innovative, engaging program, we'll identify why you want more integration and what you're integrating. Then, we'll explore seven smart strategies, like defining your life purpose and cleaning our clutter, to reduce stress and manage your mindset, energy and time to improve your work-life balance.

Select Book Titles

- **2006:** Working with Wisdom: 10 Universal Principles for Enlightened Entrepreneurs

Select Articles

- [Take Alternative Route to Resolutions in New Year](#)

In this Jobs column for The Atlanta Journal-Constitution, Tricia Molloy explains how to use the five CRAVE steps to achieve goals faster and easier.

- [Where'd My Life Go?](#)

In this work-life balance article by Mark Fadden, jobs columnist at the Fort Worth Star-Telegram, Tricia Molloy explains the first step to improving balance is to know your why.

- [Words of Wisdom](#)

In this Entrepreneur Magazine article, Tricia Molloy shares how she designed her work environment to support her success.

- [Use Universal Principles to Find Ideal Job](#)

In this article, published by Womenetics, Tricia Molloy explains how to apply the five CRAVE steps to the job-seeking process.

Select Testimonials

"I heard Tricia Molloy's CRAVE message at a women's conference and knew my distribution center general managers needed to hear it. She had just as much impact on several hundred people in a ballroom as she did around a conference table for a dozen of us. It was a rare opportunity to reflect on what matters and allowed us to get to know each other better. We followed it up with an accountability call with Tricia a few weeks later. That's where we shared what we put into action—like dropping or delegating unnecessary obligations, clearing electronic clutter and making a practice of expressing gratitude. These simple strategies support their success and the associates they manage."

— *Brandon Tandy, DVP Supply Chain – Southeast Division (GA-SC-TN), Walmart*

"Everyone is trying to figure out how to do their best at work while getting things done at home and enjoying life. When you add the demands of a heavy travel schedule that often comes with consulting, the challenge increases. In her presentation, 'Work-Life Balance Wisdom,' Tricia Molloy showed us innovative ways to improve that balance—like letting go of unnecessary obligations and using empowering affirmations. We took the time to reflect on what really matters and heard from others about their experiences. At the end of the program, we each had our own set of practical action items. This was an eye-opener."

— *Denise McGuigan, Manager of Technology, Deloitte Consulting LLP*

"When we were planning Marriott's Southeast University, we solicited the feedback of our Group Sales Managers on a topic of importance and relevance to them. Overwhelmingly, they requested a presentation that would provide tools and insights regarding the balance of work and their

personal lives. Tricia Molloy did more than provide relevant strategies we could apply right away. She encouraged us to share our own strategies so we could learn about and from each other. It was a big hit."

— Gary Hughes, General Manager of Southeast Group Sales, Marriott International

"We women are very good at multi-tasking but it takes its toll. For years, our members have requested a work-life balance program and Tricia Molloy delivered it beautifully. More than 300 people attended our spring learning event. Relevant and revealing, Tricia's program combined the inspiration of a keynote with the practical approach of a workshop. By filling out the easy-to-follow worksheet, everyone was engaged and had a customized plan of action. There were a lot of 'aha's!' for me. I now choose to disconnect more from technology to enjoy my personal and family time, and that has made me more effective at work."

— Karen Morrell, Regional Officer, Network of Executive Women-Florida

"Inspire, connect and achieve. That was the objective of our Verizon Women's Empowerment Conference for about 75 high-potential women. We wanted to provide the clarity and confidence they needed to succeed as leaders within our dynamic organization. At her vision board workshop, Tricia Molloy created a fun, safe, relaxing environment for us to explore our challenges and aspirations. She showed us how to use the power of visualization and the other CRAVE steps to help us laser focus on what really matters. In addition to the personal insights that came from her program, our women bonded with each other and that will enhance our careers as we continue to work together and support each other."

— Monica Hammond, VP of Business and Government Operations, Verizon Enterprise Solutions

"It was another great event at GE when Tricia Molloy came to speak to us. Her gentle, deliberate delivery was soothing and welcoming. We were leaning in so we could catch every word. When she finished teaching us the five CRAVE steps and asked us to share one strategy we would try, I was pleasantly surprised that every woman in the room participated in the discussion. That's never happened before. Our theme for the year is 'Simplification' so her advice to clean out the professional, physical, and emotional clutter in our lives was right on target. Several women have told me they've been busy de-cluttering their offices, homes, and even their brains!"

— Nicole James, Atlanta HUB Chair, GE Women's Network

"Simple but brilliant! That's Tricia Molloy's 'Work-Life Balance Wisdom' program. Tricia spoke to more than 600 AT&T employees at our headquarters in Dallas and via webcast to AT&T offices throughout the country. She got us to think about our lives in a different way. Her empowering message struck a chord with so many of us, regardless of our level or lifestyle. We followed up the event with a book giveaway to encourage participants to improve their balance by making conscious choices—like cleaning out technical clutter and using positive affirmations. Even a respected senior executive who is known for her commitment to balance said she learned some new strategies that she'll apply right away."

— Tiffany Jenkins, Director of Audit Services, AT&T

"As professionals, we all crave goals but then life and work tend to get in the way. I invited Tricia Molloy to speak at the Georgia Association of Paralegals Legal Summit we hosted after participating in several 'CRAVE Your Goals!' programs she presented at The Home Depot. Her soft-spoken, conversational approach to teaching us new concepts is so refreshing and effective. She encouraged us to stop and reflect on what's most important and how we could make more conscious choices. One attendee said he was on the edge of his seat and he realized he needed to focus on getting healthier. Another committed to return to school to advance her career and someone else committed to learn to be a better speaker so she would have the confidence to take on more leadership roles. It was great to see all the 'light bulbs' going off at the event and know that these CRAVE steps will make a difference."

— Toni Hutcheson, Senior Legal Specialist, The Home Depot