

***An energetic, practical and interactive presentation
perfect for business conferences and events!***

Thriving on Change: Career Success Secrets in Tough Times

Between a challenging economy, reduced budgets, more demanding clients, natural disasters, and more, meeting industry professionals know first-hand what it is like to be faced with lots of change.

A natural reaction to such strains is to hunker down and withdraw. But, that's the opposite of what successful people do! Successful people embrace change, keep meeting new people, seek new ways of doing things, and actively support one another.

Mary Foley has learned these secrets first hand and now you can, too! In this highly energetic, interactive session, you will learn:

SHIFT & CHANGE
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SHIFT & *Change*

- The 4 secrets of successful business men and women in tough times
- The fundamental choice everyone must make when responding to change
- Fail-proof evidence that you are already resilient in the face of change
- The new and improved definition of failure that won't let you down
- The #1 motivation-killer during change and how to avoid it

...our lives are filled with *shift* and *change*!

About Mary Foley

Mary Foley has been thriving on change ever since she decided to put aside her engineering degree to find a career she loved. She never anticipated she would find it as an \$8 an hour customer service rep at the then-unknown America Online. During the company's rock rise to a global brand, Mary was promoted four times before becoming the company's first head of Corporate Training, all while surviving six layoffs, a difficult marriage, and bumping her head on the glass ceiling, even though she's only 5' 2" tall.

Today, Mary motivates women to thrive on change for personal and professional success using practical advice and a dash of humor. She is the author of three books, including *Bodacious! Career: Outrageous Success for Working Women*, a national speaker, and former co-host of the *Girlfriend We Gotta Talk!* radio show.

"Fantastic - inspiring, right-on, fun!"

Vicky Carr, Lockheed Martin Women's Network

To see Mary in action, watch her demo video on MaryFoley.com
To invite Mary to speak at your event, contact Vicky Wells at 804-389-2596 or Vicky@MaryFoley.com