

Mary R. Miller

There is No Growth Without Change

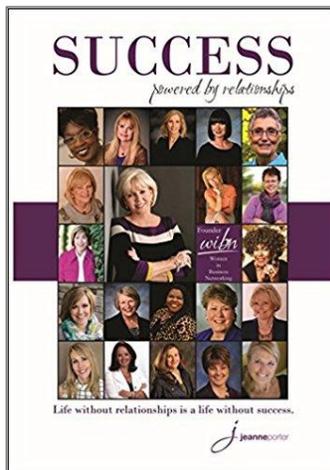
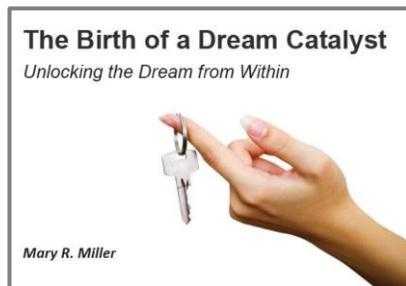


Mary R. Miller
MyDreamCatalyst.com

Founder of:



Author of:



Mary R. Miller is an author, poet, speaker, innovator and catalyst for change. She has a deep rooted value that there is always a way to get to where you want to go. Her unique gift is that she is able to see what could be as well as the path to the solution. She has a Bachelor's Degree in Mechanical Engineering, MBA, Business Coaching Certification and a successful 20 year track record in business from small privately held to Fortune 500 Companies; Manufacturing, Professional Services, Business Coaching, Business Ownership to Government Contracting.

Mary is the founder of [My Dream Catalyst](#) and the author of the fictional allegory "[The Birth of a Dream Catalyst: Unlocking the Dream from Within](#)". My Dream Catalyst is a virtual home for Professional Woman, in successful yet unfulfilling careers, to help them discover and claim their dreams.

By the time Mary was 30 she met all of her career goals and came face to face with her overachieving, perfectionist and workaholic self. One decision at a time she began to define and live her version of success.

Mary has a passion to help women care enough about themselves to discover and claim their dreams. She is different from other speakers because she is both creative and strategic. This allows her to help attendees experience change on an emotional level by making the unseen tangible is a systematic easy to understand way.

Booking Information:

(925) 818-8414
mary@mydreamcatalyst.com

Speaking Topics



Topic	Description
<p><i>Transformation's Story: Putting faces and names to our emotions as we go through the journey of change.</i></p>	<p>Everyone has faced change in their lives. While many like to use the words "change" and "transformation" few talk about being in the crucible of transformation. As a society we talk about the outcome because it's the outcome that's sexy. Transformation is the messy intangible process which precedes being changed.</p> <p>This workshop is about taking a step back, owning our choices and digging into the messy parts of transformation by giving faces and names to the intangible emotions we experience in order to our journey, use our gifts and live fulfilled lives. Because in the words of Dan Eldon says "The Journey is the Destination".</p> <p>Note: Much of this workshop is based on Mary R. Miller's book "<i>The Birth of a Dream Catalyst: Unlocking the Dream from Within</i>"</p>
<p><i>How to Navigate & Thrive During Change</i></p>	<p>This workshop dives into the journey of change by educating on the science behind change and sources of internal resistance to change. Mary will also provide 5 strategies to thrive during change and how to apply them.</p> <p><i>Note: This workshop works well in a corporate setting to groups of women who have been laid off, transitioning to a new location/state/company, going through a merger and/or buy-out etc.</i></p>
<p><i>The Lies of Perfectionism</i></p>	<p>Growing up many of you were told that you could have IT all. IT was defined as: make a lot of money (i.e. doctor, lawyer etc.), be a great mom, be a great wife, be outstanding in your community and don't complain about ANYTHING. Somehow in your well-intended upbringing you became an idol to your parents instead of your own person and began to strive to be all things to all people.</p> <p>Now you are at a crossroad looking back at the road you have traveled saying: "<i>What the hell is 'IT' anyways?, 'Is all this worth it?'</i>". In this workshop Mary will facilitate a frank conversation about the source of perfectionism, learning skills to fight perfectionism and tell it where it can go...</p>
<p><i>How to Build a Self-Motivation Generator</i></p>	<p>Have you been going through the motions lately? Does motivation seem hard to come by? Do you feel like you're stuck in a rut? EVERYONE who is human has felt this way sometime in their life. You need motivation to get back on track but you lack the motivation to get motivated.</p> <p>This workshop dives into the root cause of motivational challenges and provides ways you can get off the hamster wheel and use the roller coaster of life to generate your own motivation.</p>