



*Practical skills for a more purposeful life at work and home*

### **Programs**

Simply put, living according to our beliefs and from our hearts allows us to reap life's greatest joys and achievements. Whether you are a business owner or manager who wants to develop quality employees to enhance ROI, or an organization who wants to provide your audience meaningful and useful content, Lee inspires people to strengthen communications and personal pride in order to live life rather than react to it. The name and content of all programs are tailored to suit the needs, issues, themes and timeframes of all keynotes, classes, events, conferences or seminars, ensuring the delivery of practical applications.



### ***Attitude vs. Behavior***

An attitude contributes to success, productivity and happiness or it contributes to failure and despair. Developing a positive attitude leads to productive behavior. It's a word and subject that has become trite, but it is one of the most important aspects of our ability to achieve the level of success to which we aspire. We own our attitude and have the power to control it. By doing so we navigate our future and take ownership of our behavior and the life we have. In this day and age, it is more challenging than ever to maintain a positive, productive and healthy attitude and behavior. The great news is that maintaining a positive and productive attitude and behavior can be achieved, regardless of circumstances. Do you want to help improve mental wellness and replace negative energy with positive energy? Are you looking to enhance productivity and efficiencies, and have some fun? In today's competitive environment, companies and organizations are expected to do more with less; therefore it is more important than ever to educate and promote a positive and productive state of mind.



### ***Happy Hour***

This is not your ordinary Happy Hour; it's better! This Happy Hour will help your audience discover and maintain a healthy, positive and productive outlook and they will leave with a renewed spirit and tips to sustain momentum and motivation. Your audience will realize the happiness they have inside, which will help them enhance their overall quality of life. And, happier people contribute to a happier workplace, more satisfied customers and greater profits. This program is a great kick-off or wrap-up keynote for any conference and also makes for a great employee recognition program.

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**Programs Continued**



***A Balancing Act***

Learn how having the right attitude and taking responsibility can contribute to better balance in your life and increased happiness, wellness and prosperity. With some easy-to-use tools and concepts you will discover how to enrich the quality of life, both personally and professionally by finding balance in your life.



***Balancing High Tech with High Touch***

This program awakens the spirit and helps participants achieve higher levels of customer service, and nurture better relationships with co-workers – as well as family and friends. Regardless of position, title, age, income, life stage or aspirations, we each have the opportunity to take control and enjoy a more fulfilling and purposeful life by learning and practicing exceptional human relations skills. Ultimately, more positive (happier) people with improved interpersonal and communication skills make better employees, sons or daughters, spouses, parents, coaches, and volunteers. For companies - large and small - and during a time when personal service is mediocre at best, there are vast opportunities to maximize profit and growth by maximizing the service that is delivered to customers. In this day and age when we rely heavily on technology, we must remember that computers cannot smile or greet us or offer the emotional connection that we as humans need and desire. The new art of human relations is balancing technology with people, and high tech with high touch to maximize growth and profit while enhancing the lives of people all around us.



***Opportunities for Productive Change***

Change is nothing new; however the pace of change has increased significantly over the past 30 years. People have a more difficult time keeping pace with changes, both personally and professionally, contributing to higher levels of stress, resulting in decreased levels of productivity and creativity. Whether a change is big or small, personal or professional, impacts many people or just one, there are certain dynamics associated with any change. In this interactive program, learn how change impacts us, why some people handle change so well, while others do not, and how to find opportunities for productive change.

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**Programs Continued**



***The Gift of You - Discovering Your Legacy***

Over the years, legacies have become associated with money and power, but in this inspiring presentation, you will discover the intangible and more enduring and valuable legacies that we carry within us. In this session learn how you can recognize and pass on your own unique legacy. This is a very meaningful presentation for mature audiences.



***Nature's Motivation***

If you are looking for a stimulating presentation on wellness, this session will take you on an extraordinary journey on the wild side to discover how our natural world can enhance our physical and mental wellness. This program also reinforces the importance of being environmentally conscious about the wellness of our earth, leveraging two vital topics in our society today. Focusing on the wellness of ourselves, physically and mentally, goes hand-in-hand with the wellness of our planet.

**What audiences say about Lee Ann Szelog** (Visit [www.leeannszelog.com](http://www.leeannszelog.com) for more testimonials):

"Your session was the catalyst to the positive changes I made in my life. You had a major influence on my life, which has led to finding what makes me happy and living the life that I deserve!" Leslie Brann

"Lee is an individual who you will feel blessed to know. Those she teaches are quickly inspired to learn the material she presents, and at the end of the day, they are drawn to emulate the high work ethic and professionalism she so naturally holds as a back drop in all her presentations. The enthusiasm she approaches life with is genuine and luckily for me, very contagious." Karen G. Mahoney

"Lee is a gifted, dedicated and creative instructor who is thoughtful in her material and connected with her audience through personal experience, analogy and subject knowledge. Lee is an inspiration through her constant thirst for learning, her courage to break the boundaries of doubt and her motivational empowerment."  
Sherry Guarneri

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Simply Put, LLC

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**About Lee Ann Szelog:**

A professional speaker and award-winning author, Lee Ann Szelog began her life as an extremely shy child. At the age of 7 she decided she wanted to overcome her fear of talking to people. Since then she challenged herself every day to speak up, write and conduct presentations and overcome her fears. Her persistence paid off; after enjoying a successful 28-year career as a marketing and training executive, Lee founded *Simply Put*, a limited liability company, specializing in presentations and programs to help people communicate more effectively and live life rather than react to it. As a successful speaker, training consultant and author, she shares her secrets to success by providing inspiration, information and action points in every class, workshop, keynote presentation and one-on-one coaching she conducts.

In 1987 Lee met her husband Tom when their mutual interest in lighthouses connected them. When they wed in 1989 they began their life together living in their dream home, a lighthouse on the Maine coast, which is documented in their multi-award-winning book, *Our Point of View-Fourteen Years at a Maine Lighthouse*, featuring Marshall Point Lighthouse in Port Clyde, Maine where they resided for 14 years. Moving to their second dream home in 2002, a log cabin in the Maine woods, they created the book, *By a Maine River - A Year of Looking Closely*, which explores the natural beauty found in their own backyard in Whitefield, Maine and inspires people to consider wildlife conservation, beginning in their own backyards.

**References (Visit [www.leeannszelog.com](http://www.leeannszelog.com) for more references):**

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