

# Deal With Stress Today

Donna Marie Consulting

Professional Stress Consultant • Confidante • Speaker



## "I'm So Stressed I Could Just \_\_\_\_\_"®

Are you or your organization stressed, worried, overwhelmed, overloaded, overbooked, discouraged, physically or emotionally exhausted?

Then relax. Donna will show you how to unplug from negative thoughts and feelings and re-route them to energize and empower you! It is known that stress holds us back from being happy, healthy, productive, and peaceful, so . . . is it time to tap into and utilize what is proven to be effective?

*Donna Marie is absolutely one of HAP's most engaging, most requested speakers. She creates a powerful learning forum for audiences large and small and she delivers real world tools you can use immediately to conquer stress and tackle life's challenges. Her relaxation CD is a MUST!*

Terri Kachadurian, Director,  
Worksite Health and Wellness  
Health Alliance Plan of Michigan

*With Donna as my confidante, words cannot adequately describe the unique experiences gained from her level of work. I am now focused, connected, and exude confidence in decision making in both my professional and personal life. Hire her!*

Shana Krstevska, MD - Neurologist,  
Henry Ford Health System

*Wow! Donna is off the charts. She's inspiring, moving and gives instruction in such a way that the entire group becomes open to new possibilities. I highly recommend her and her innovative programs.*

Shawne Duperon, ShawneTV.com

*I have been trained by what I consider to be some of the best trainers, yet the SPEAK E-Z was more impactful, more personal, and lasting.*

L. Delgado, Managing Director  
d.Diversified Services

## "SPEAK E-Z in Front of Groups®"

The Public Speaking Without Vomiting® Workshop

This workshop is designed to demonstrate state of the art skills to comfortably speak in front of groups and to dissolve stage fright. In this workshop you will experience yourself in front of a group and identify with your Emotional Intelligence and acknowledge and shift anxieties. Whether you are a newcomer or an experienced professional, you will experience how to become calm, centered and confident when speaking. You will discover valuable techniques for feeling relaxed and to be yourself in front of others.

## "Life Leadership" Program

Through the Life Leadership Program learn how to make significant and lasting change.

Areas of concentration include: understanding professional and personal relationships and behaviors, insightful communication techniques, how to use Emotional Intelligence, thought and mindset management, de-stressing and de-dramatizing skills, detachments, releasing past limitations, creating new outcomes and results. Call for appointment.

**About Donna Marie...** As a Stress consultant and professional confidante, Donna guides audiences and individuals to resolve imbalances and stress on ways to synchronize their emotions, thoughts and actions. With a previous career in a major corporation, she holds a master's degree in clinical psychology and is a member of the National Speakers Association. Donna is an insightful speaker and facilitator in the fields of stress reduction, mindfulness, emotional intelligence, and public speaking fears.

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See Donna's Website for Upcoming Events

To ensure the success of your next event Donna is available for one-hour presentations and keynotes, to full-day workshops or one-on-one consultations.