

ME, MYSELF & I:



DISCOVERING YOUR TRUE POTENTIAL

“Thank you for giving your presentation entitled, ‘Me, Myself & I,’ at the First Friday’s Breakfast Network session. We were truly delighted to have you speak on such a personal topic to all women. The evaluations of your session were great; the attendees really appreciated gaining more information about regaining their identities. We sincerely appreciated having you take the time to participate as a speaker in our professional development program.”

Gloria E. Sarto, M.D., Ph.D., Professor, Dept. of Obstetrics and Gynecology
Co-Director, U.W. Center for Women’s Health and U.W. Medical School Women’s Health Research
Special Assistant to the Dean for Gender

Employee, parent, sibling, significant other, best friend. We each experience many roles in life that help shape our personal identity. However, these roles can also mask the essence of who we really are: our true desires, passions, interests and motivations. Because of this, when a “role” shifts (such as when a child leaves home) or is altered (due, for example, to loss of employment), we often question our place in life. Only when we are able to break through the persona we have created and connect with our true authenticity, will we be able to enjoy our true potential—at work, at home and in life. Through stories, thought-provoking questions and conversation with others, this presentation provides the tools for you to connect with your inner self.

YOU WILL DISCOVER...

- How to access your source of energy.
- A six-step process to realizing your authentic self.
- The benefits of developing a personal identity from the inside-out.
- Strategies that will help you connect with what is important in life.

POSSIBLE FORMATS

- Keynote
- Half-day workshop
- Full-day workshop

WHO SHOULD ATTEND? YOU SHOULD IF YOU...

- Have ever felt frustrated juggling a variety of roles.
- Feel that you are defining yourself by a single role in your life.
- Want to actualize your full potential.
- Desire greater joy in life and success at work.

LORI L. SILVERMAN

Engaging. Captivating. Humorous. Passionate. Effective.

Lori Silverman is a speaker, consultant, trainer, and author who strives in her work to connect people to possibilities and to each other. Her savvy yet down-to-earth style has helped dozens of individuals and companies to realize their true potential and professional success. Lori’s highly energized and enthusiastic approach and magical stories inspire her audiences to take action. A member of the National Speakers Association, she has mesmerized thousands of people with a variety of topics—ranging from the humorously edu-taining “Schmoozing: Meet, Greet and Speak with Ease” to weighty business topics such as “More than a Quick Fix: Organizational Change that Sticks.”

Lori owns Partners for Progress, a management consulting firm dedicated to helping organizations think and act differently so they can move to the next level of performance. She’s authored myriad articles, workbooks, and books including *Critical SHIFT: The Future of Quality in Organizational Performance* and *Stories Trainers Tell: 55 Ready-to-Use Stories to Make Training Stick*. Her new book is titled, *Wake Me Up When the Data is Over: How Organizations Use Stories to Drive Results*. Having earned two Master’s, in business and in counseling, and a B.S. in psychology, Lori shares a fascinating perspective with her audiences.