

## Leading Authority on Change and the Power of Positive Emotions

M.J. Ryan is a bestselling author and a leading authority on change,

both the changes you want and those which you didn't ask for. Her presentations are filled with practical wisdom, great humor and thought-provoking stories tailored to her audience. They leave inspired with new ways to permanently increase well-being and productivity, both in and out of the workplace.

Founder and former CEO of Conari Press in Berkeley, California, M.J. brings a deep understanding of individuals, combined with intelligence, wit and heart, to people across America.

Her topics spring from the human potential field and the growing study of positive emotions. She cites ground-breaking research and practical, easy-to use tips in a combination of practical and inspiring presentations that have wowed audiences around the world.

**TOPICS INCLUDE**

- Creating Lasting Change
- Surviving Change You Didn't Ask For
- Energy Management: The Secret to Business Success
- Leading from Your Strengths
- The Role of Positive Emotions in Success

M.J. Ryan's books have impacted lives of millions of readers worldwide.

They include *AdaptAbility: How to Survive Change You Didn't Ask For, This Year I Will...How to Finally Change a Habit, Keep a Resolution or Make a Dream Come True... Attitudes of Gratitude, The Happiness*

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Karen Del Vescovo, Business Operations and Marketing Officer, Microsoft



"M. J. Ryan was one of the best and most inspiring speakers I've seen in a long while. Her presentations are grounded in real life human endeavor and enable you to recognize yourself and your common pitfalls. Though M.J. presented to a varied audience of all ages and stages in life, each attendee left the presentation with a feeling that they had a plan for change that was tailored just for them! I'd highly recommend her to any organization that implementing changes that require a change of cultural habit. M.J. will help your teams create new, results-focused habits!"



*Makeover, The Power of Patience, Trusting Yourself, and many other titles.*

She has appeared on "The Today Show" and CNN as well as being heard on hundreds of radio programs over the years. M.J. is a contributing editor to "Good Housekeeping," and columnist for "Health." Articles on her work have appeared in The New York Times, The Wall Street Journal, USA Today, and many other publications.

Recently, M.J. spoke to the Department of the Interior on "Creating Lasting Change" and was the keynote speaker for the San Francisco Wardrobe for Opportunity fundraiser. Previously, she was the San Francisco East Bay "Woman of the Year."

## People are talking...

"M.J. Ryan was a huge hit last spring at our Lincoln Legal Auxiliary Author Luncheon. She struck a chord with the audience exploring in an interactive way how we can all determine what is important in our own lives. An inspiring and uplifting speaker, she facilitates soul-searching and provides an opportunity to redirect your own thinking in a positive manner to make your life more meaningful."

—Janie Dabler, LLA Past President and Luncheon Chairperson

"I can't imagine a better speaker than M.J. Ryan. She served up just the right amount of intuitive and intellectual stimulation,

along with a heaping helping of perspective, humor and joy."

—Morgan Cantrell Smith, Professional Event Planner

"M.J. delivers insightful and inspiring information in a most relatable fashion. Listeners always end up with a useful 'take-away.' Her talk was a huge success."

—Allison S. Tabor, CEO of TEAC Structural Engineering, California Building Industry Association Women's Council President, 2009

## Speaking Keynotes include

- American Bankers Association
- Speaking of Women's Health
- Microsoft Mid-Atlantic Sales Retreat
- Dept. of Interior's Career, Balance and Diversity Forum
- Robert Redford's Sundance Resort, Utah
- Pacific Coast Builders Conference
- Crossroads Center, Chicago, IL
- A Woman's Way, Sedona, AZ
- Esalen Institute, Big Sur, CA
- Thanksgiving Square, Dallas, TX

**Microsoft**

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## Topics include:

### 1. Creating Lasting Change

Change is hard not because we're weak or lazy but because to bring new behavior into being takes energy, determination, self awareness and practice. Listeners will leave not just inspired but with the tools to implement and sustain lasting change.

### 2. Surviving Change You Didn't Ask For

Explore how we can strengthen our capacity to deal productively and resiliently to change. You'll learn the best that psychology, brain science, and the wisdom traditions have to offer about not just surviving, but thriving through the enormous upheavals we're all going through right now.

### 3. Energy Management: The Secret to Business Success

Here MJ talks about the science of resilience, explaining why, to be truly high performing, you must take care of yourself. You'll learn how to assess yourself in four domains of wellness and will leave armed with tools to increase performance and sustain lasting positive change.

### 4. Leading from Your Strengths

Asset-Focused Leadership will offer you a chance to better understand what your talents are, how to use them to overcome professional challenges, and how to grow yourself as the leader only you can be.

### 5. The Role of Positive Emotions in Success

In this talk you will learn why cultivating the positive emotions—gratitude, optimism, hopefulness, generosity—can give you a competitive advantage in your workplace—and the marketplace. You'll leave with specific tools for creating these keys to greater success.

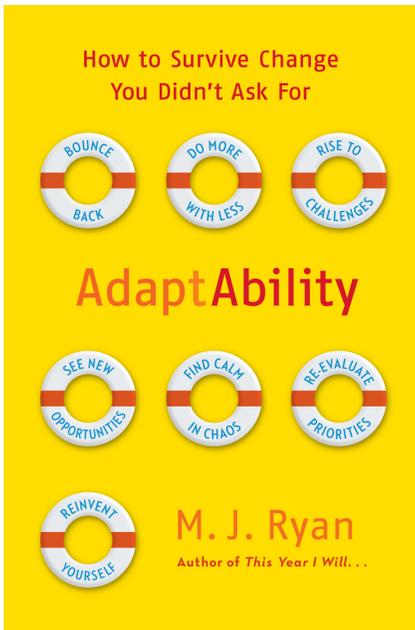
[www.MJ-Ryan.com](http://www.MJ-Ryan.com)

Visit the website for more information including audio, video clips, press, articles and more.



"M.J. Ryan is an **engaging** speaker, connecting directly to the audience and getting us to actively participate. We were on the **edge of our seats!** I would **highly recommend** her for any speaking engagement."

—Susan Safipour, Editor Diablo magazine



### Author of...*AdaptAbility: How to Survive Change You Didn't Ask For*

"Change is hard," we say, and it is even harder when change is thrust upon us. In today's tough times, we may be forced to reinvent our career or downsize our lives; at any point in life, we may lose a love or a dream. Our first reaction to change we didn't ask for may be to rail against fate. But what if we could see past today's turmoil and spot the opportunities that lie within unasked-for change? That is the promise of *AdaptAbility*, bestselling author and executive coach M. J. Ryan's paradigm-shifting new book on not merely surviving but thriving when change is required.

Why is it so hard to accept change? Paradoxically, it is for the very reason that

our brains usually work so well; we are designed to learn something and make it automatic. The problem is that when circumstances change, our "efficient" brains keep trying to do things the same old way. In *AdaptAbility*, Ryan provides strategies to retrain your brain and optimize your response to change, step by step: by first accepting the new reality, then expanding your options, and finally, taking effective action. She offers cutting-edge tools for becoming calmer, less fearful, and more flexible, creative, and resourceful in your thinking. Best of all, as your "adapt-ability" increases, so does your confidence that you will be able to face whatever life sends your way and find new ways to flourish.

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