



DEBBY HOFFMAN ADAIR'S 5<sup>th</sup> ANNUAL

# Motivation-A-Thon 2014

OUR FOCUS THIS YEAR: PERSEVERANCE

SATURDAY, APRIL 12, 2014 | COST: FREE

*A daylong presentation to educate, motivate and inspire*

## 11 Motivational Speakers

take the stage throughout the day to help us persevere and live life to it's fullest.

Topics range from **Law of Attraction** to **Overcoming Life's Obstacles**.

*Our amazing lineup includes:*

**Steve Gamlin, Jacki Rose, Dr. Aihan Kuhn, Terry Lajoie, Rick Adair, MB Gustitus, Deyne Sanville, Ann Fafard, Suzanne Pinkham and Courtney Sullivan**

Because our presenters donate their time and speaking fee, we are able to offer this program for **FREE** to anyone who may need a little inspiration. Each year we raise funds for a non-profit organization.

*This year we have chosen:*

## **Boston's Childrens' Hospital**

**We Need Your Support - 3 Ways to Help**

- 1) Bring a **new stuffed toy** which is given to a child when they are admitted.
- 2) Monetary donations for **Special Needs** of children with rare disorders.
- 3) Share this event with your friends, family, co-workers, and acquaintances.

**Hampton Inn- 407 Amherst Street, Nashua, NH**

**Doors open at 8:30 am | 45-Minute Presentations start at 9 am  
and continue throughout the day until 6 PM**

**For more information or to view the agenda go to**

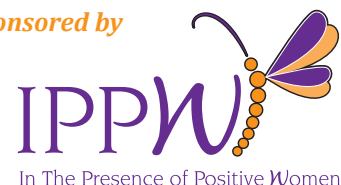
**[www.DebbyAdair.com](http://www.DebbyAdair.com) or call Debby at 603-731-0116**

*Come early, grab a cup of coffee, find a seat and prepare to be **motivated**.*

*We start promptly at 9 am and will inspire you all day long!*



*Sponsored by*



# 2014 Motivation-A-Thon Schedule \*\*

## 9- 9:45 am Steve Gamlin "Attitude, Action, Traction"

Do you understand the importance of ATTITUDE choice? Do your ACTIONS keep you on track to achieve your goals? Are you getting TRACTION, using your resources to move forward? It's a back-to-basic, fast-paced, humorous delivery of Motivational Firewood™! *Blending humor and motivation, Steve's programs deliver directly from his heart and soul, with frequent trips to the humor bank along the way. SteveGamlin.com*

## 10- 10:45 am Jacki Rose "An Incredible Ride... Life is like a bike trip"

Enjoy a fun and inspiring presentation that will get you thinking, remembering, and believing - you are right where you are supposed to be, remembering your past accomplishments, and thinking about what more you are capable of. *Jacki Rose, author of "Take Your Life & Love It" has been a recreational cyclist for over 20 years, biking any where from 3 miles per day to 123 miles! Her longest bike ride lasted 52 days across the United States. Jacki uses her bike riding experiences to show people how they can do more, have more, and be more.*

## 11- 11:45 am Dr. Aihan Kuhn "The Art of Prevention"

To know the best healing secrets of natural healing, you must learn from the best teacher. To understand natural healing, you must know how to prevent illness. Come and learn from Dr. Kuhn to experience this powerful moment, and bring home valuable information that can be used for self-healing. *Dr. Aihan Kuhn, award winning author and internationally renowned natural healer, will provide you with eye-opening information on natural healing. From her lifetime experience, natural healing wisdom, and her unique way of teaching, you will feel the healing almost instantly during her speech.*

## 12 to 12:45 pm Courtney Sullivan "Head Injury... Did you know?"

Courtney will share her personal story of how she became a head injury survivor at age eight, talk about the silent epidemic of head injuries and share her hard won wisdom on thinking outside the box to find alternative ways to accomplish tasks we may all take for granted. *Since 1992, Courtney has made it her mission to educate and make people aware of traumatic brain injury and has received numerous awards for her community service in NH, MA and CT. She is currently writing a memoir based on her life titled **Intersection - Blindsided at Eight Years Old***

## 1-1:45 pm Suzanne Pinkham "Someday is Today"

Someday I will... have a man who adores me... be slender... travel... have a beautiful home... and a farmer's porch... "It took a near death experience to realize that *Someday is Today* and the only one who can make my dreams come true is me." Start recognizing your opportunities, take timely advantage of them, and find the joy in life - TODAY! *A certified Feng Shui Practitioner specializing in Numerology, Suzanne helps you unlock your code to What You Have, What You Encounter, Your Motivation, How You Appear and Your Authentic Self. Suzanne offers personal Numerology Profiles, private consultations, group presentations and workshops.*

## 2-2:45 pm Terry Lajoie "Believe... It is Possible"

Have you ever been told that you can't do something, or you weren't smart enough, strong enough, and tall enough or gave you some other 'reason' why you would face certain failure? Terry will share her story in hopes of inspiring you, believe in yourself, to try new things and go after your dreams. *Terry Lajoie married the man of her dreams two years ago; is a mom, and a local realtor with Keller Williams Realty Nashua. When Terry's not working, she & husband Mike enjoy motorcycling, backpacking and other outdoor activities.*

## 3-3:45 pm Ann Fafard "Ebb & Flow - Finding Silver Linings in Life"

A life long resident of NH, Ann knows a little bit (ok a lot,) about life's hardships and overcoming incredible odds. Come hear her tale as she shares stories of her life from early childhood through motherhood. Learn the amazing gift she received by the age of 18 - which has helped her navigate the ebb and flow of life. Prepare to peek into your past experiences and find new perspectives on your challenges and disappointments - Find the Silver Lining to whatever is holding you back. *Married for over 25 years to husband Jim, with four sons ranging in ages of 23 to 11, Ann has been a full-time working mom, a part-time working mom, a stay at home Mom & now a Mompreneur. She is co-founder of a motivational magazine for Moms called **Front Burner Mama.***

## 4-4:20 pm Denyne Sanville "Caution: Rough Road Ahead... Seek Alternative Routes"

Have you ever felt like you were not enough? No matter what you did you were never part of the "in" crowd, never loved enough, and never were accepted for who you really were? Come, listen to the motivating real life story of a woman who tried and failed over a lifetime of experiences, then finally learned to march to the beat of her own drum. *Denyne Sanville, raised in a strict Catholic family learned to conform as a youngster. A rebel, tomboy and outcast at an early age, she attended the school of hard knocks. This published author and business owner now makes it her life's mission to educate others about their worth and to take chances in life, no matter what their history is.*

## 4:25 to 4:45 PM MaryBeth Gustitus "Lessons in Life"

MB was only trying to find someone her son could relate to... Instead, she found herself on a 3-day journey that would change her perspective forever. These life lessons learned will challenge your beliefs about what is possible. *MaryBeth Gustitus, CEO of the largest Real Estate firm in the Greater Nashua Area, has been bringing inspiration, motivation and leadership to sales and service industries since 2006. Her passion, is bringing the "life lessons" she has learned from both positive and "not-so positive" experiences to audiences of 1 or 1,000! Her talks, filled with humor and personal heartfelt messages, share the secrets of living the very best life possible!*

## 5-5:45 pm Rick Adair "Choosing How to Suffer... The Secret to a Happy Life"

Suffering and happiness in the same sentence? One of many paradoxes encountered on the path of wisdom and true happiness. Together, we will explore the ruthless trap inherent in the belief that fulfilling desires is the key to true happiness... we just might laugh along the way. *Rick Adair claims his religion is, "Curiosity and Kindness." I, for one, find that a bit strange. I say we keep a close eye on him and find out what he's up to.*

**\*\* Subject to change without notice ... but we will try our very best not to mess with it! :~)**