



Debby Hoffman Adair's

Motivation-A-Thon

September 26, 2015

Amherst, New Hampshire

A daylong presentation to educate, motivate and inspire

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

Our amazing lineup includes: Terry Lajoie, Steve Gamlin, MaryBeth Gustitus, Nancy Zare, Karen Kallie, Delynne Sanville, Grace Dunklee Cohen & Ingrid Dinter

TO BENEFIT:



Opportunity Networks is a 501(c)3 Non Profit Organization with 34 years serving adult residents living with acquired and developmental disabilities. We are committed to providing genuine Vocational Opportunities and Social Activities that promote life enhancing skills for disabled adults in the Southern New Hampshire area. Over this past year, our agency has provided services to 101 handicapped individuals ranging in age from their early 20's to their upper 60's.

The event is FREE to everyone, but a cash donation would be greatly appreciated.

Doors open at 8:30 am. 45 Minute Presentations start at 9 am and continue until 5 pm.

Opportunity Networks, 11 Caldwell Drive, Amherst, NH

For more information call 603 883-4402 or visit www.opportunitynetworks.org

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



2015 Motivation-A-Thon Schedule



9 - 9:15 am Terry Lajoie

The Quantum Leap Within You

Have you ever dreamed of achieving something incredible, or accomplishing something that doesn't seem possible? What if... You KNEW you would experience exponential growth, You KNEW you could overcome any challenge, You KNEW you could succeed? Would you do it? Terry Lajoie is a motivational speaker and Realtor with a passion to help people make their dreams come true. Visit her website: TerryLajoieHomeTeam.com or contact her at 603-498-6462



10 - 10:45 am Steve Gamlin

Attitude, Action, Traction!

Do you understand the importance of ATTITUDE on a daily basis? Does a lack of ACTION keep you from achieving your top goals? Are you lacking TRACTION, with your wheels spinning at the starting line? Join Steve for an engaging blend of motivation, humor and authenticity with his presentation that will help you get out of your own way and see new possibilities. Steve Gamlin is a really funny guy with a heart of gold and a "can do" message. His presentations are based on his perspective of the world... always inspirational. Visit his website www.InspiredbySteve.com



11 - 11:45 am MaryBeth Gustitus

Life Lessons from the Shelf

While preparing to move her mother into a nursing home, MaryBeth was confronted with some powerful lessons about living a life of significance. This thought provoking session will leave you looking at every part of your life, and seeing what you may want out of it, very differently. MaryBeth Gustitus is the CEO of the largest Real Estate firm in the Greater Nashua Area and has been bringing inspiration, motivation and leadership to sales and service industries since 2006. Her passion is conveying the "life lessons" she has learned from both positive and "not-so positive" experiences to her audiences with humor and passion. Contact her at Keller Williams Realty, 603-305-3552



12 - 12:45 pm Nancy Zare

Raise Your AlikeAbility™

This program reveals how you can build rapport with everyone personally and professionally. The key to great communication is **AlikeAbility™**. Learn how to build personal bonds quickly, get hired faster, and make more meaningful connections. Whether in a business situation or personal encounter, everyone benefits from gaining new approaches in communicating effectively with all personality types. Nancy Zare, founder and CEO of Rapport Builderz, is a communications expert. She's a past president of the National Speakers Association of New England, and holds a Ph.D. from Boston College. Because of her certification in Accelerated Learning, come prepared to interact and have fun. Connect with her at 508-872-4770



1 - 1:45 pm Karen Kallie, RN, MACP

Aura Clearing and Balancing for Health, Wealth and Happiness

There is a deep sense of aliveness in each of us that is beyond the everyday thinking mind. This energy has consciousness and can be brought "up tone" to release what is negatively impacting you, so you may positively create more of what you DO want in your life. Clearing, balancing and uplifting your energy helps you to: Detach from the vibrations of lower thought and feeling, move beyond the average thinking mind, develop a higher consciousness, create greater prosperity. **WARNING:** side effects include enhanced inner peace, health and serenity! Karen Kallie is an amazing healer, teacher and speaker who changes lives one person at a time. Visit www.livingenergyworks.com for more information.



2 - 2:45 pm Denyne Sanville

Simple Happiness Creating the Space for a Life of Joy!

The question to ponder is this: **Are you happy?** Truly happy - filled with joy kind of happy? How do you define it? Contentment? Gladness? Or through your bank account? Does everyone have the same definition of happiness? **Happiness** and **Joy** do exist, but where? It might amaze you to discover the true key to your own happiness just might lie within your own home, in between your own walls and within your own environment. Denyne will share the secrets to creating the space for JOY - a truly thought provoking presentation. Denyne Sanville is an award winning interior decorator, author and speaker. Her presentations are filled with insight, wisdom and laughter. Visit www.denyne designs.com



3 - 3:45 pm Grace Dunklee Cohen

In the Blink of an Eye - Gaining a New Perspective on Control

Grace's entire outlook on life changed in one unexpected millisecond, coming from the most unlikely of sources and situations in an otherwise ordinary day. Since that fateful experience more than two decades ago, Grace's path and perspective have changed drastically for the better. In this talk, Grace will share some of the simple, but incredibly powerful tools for impacting personal change that have enriched her life, and the lives of those around her since that auspicious day. **Grace Dunklee Cohen** is a Public Relations professional specializing in helping early to mid-stage private companies build their visibility to win awards and attract more qualified employees, customers and prospects, well-matched business partners, industry analysts and potential investors. An amazing human being, her unique perspective on the world comes through with every presentation. Contact her at: gcohen@anthorne.com



4 - 4:45 pm Ingrid Dinter

Healing Our Warriors - Healing Ourselves

Ingrid Dinter is the daughter of a POW, and an EFT-Emotional Freedom Techniques Master Trainer. She knows first hand, there is often just a small window of opportunity when a soldier wants to open up and talk, and the person he chooses to talk to needs to be insightful and appropriate to be able to make a difference in the service member's life. All of us know a veteran, are a veteran, or is married to a veteran. Most returning Veterans suffer some PTSD. How can family members and friends help these individuals to heal from their trauma? In this presentation, Ingrid will share how we can use EFT to help heal deep trauma, and teach why we all will benefit when our warriors heal. We heal when they heal. Ingrid Dinter is a Transformation Coach and the coauthor of the book "EFT for PTSD". She has written a number of articles and peer reviewed studies about EFT for Veterans and is highly regarded as an expert in her field to help people overcome distress. A professional speaker, Ingrid inspires everyone to transform his or her lives. Visit www.IngridDinter.com