

# Denise Marek

*Worry Management Expert*



## Keynote Topics (up to 90 minutes)

### **1. CALM: Transform Worry into Inner Peace**

If there was a way that you could stop worrying and truly move forward in your life, wouldn't you want to know about it? In this dynamic session, Worry Management Expert **Denise Marek** reveals her simple yet powerful formula to help you eliminate worry and develop greater inner peace. You'll discover strategies to immediately reduce anxiety and put an end to "what if" thinking. By the end of this session, no matter who you are, where you've been, or what you're going through, Denise's practical steps will transform your worry into inner calm.

### **2. CALM: The Keys to Reducing Stress for CEOs, Leaders, and Executives**

In this engaging and entertaining presentation, **Denise Marek** will guide you through her proven four-step process for eliminating worry and cultivating inner peace. These practical steps are designed to significantly improve the success and lives of CEOs, leaders, and executives. Implementing Denise's practical steps will result in less stress, more fun, and greater strategic success.

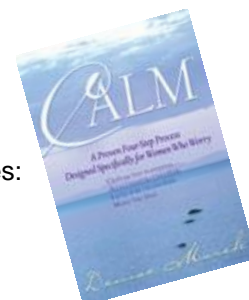
### **3. Live Your Legacy**

Every word you speak, every decision you make, and every action you take, ripples out behind you and creates your legacy. The reason being, legacy is not simply the possessions you bequeath, it's also the way you're remembered. That means whether you've realized it or not, you're creating your legacy today. In this thought-provoking session, **Denise Marek** will get you thinking about *living your legacy* consciously, with positive intention, and on purpose so that the thumbprint you leave everyday on the hearts of your friends, family, businesses, and community will be a masterpiece.

### **4. Risks for Success**

This content packed program has inspired thousands of individuals around the globe to overcome their fears and take the risks that are essential for personal and professional success. In this eye-opening and humorous presentation, **Denise Marek** will personally outline the essential risks that will transform your life forever. You'll discover a tool to determine what risks are worth taking, overcome the barriers that stop you from moving forward, break free from self-limiting beliefs, and master your fears once and for all.

For more information on Denise Marek's keynote presentations and workshops, please contact K&M Productions - Authorized Representatives:  
Tel. 905.831.0404 | [info@kmprod.com](mailto:info@kmprod.com) | [www.kmprod.com](http://www.kmprod.com)



# Bio: Denise Marek

## *Worry Management Expert*



Denise Marek is internationally known as ***The Worry Management Expert***. In addition to being regularly called upon as the expert in her field by national and international magazines such as:

- Martha Stewart's *Body + Soul*
- United Kingdom's *Red* magazine
- Australia's *CLEO* magazine
- Canada's *Chatelaine*,

Denise is the author of ***CALM*** (Hay House, 2006), and ***The Keys*** (Hay House, 2009, co-authored with Sharon Quirt). Due to their overwhelming success, her books have been published in several languages including Spanish, German, French, Dutch, Bulgarian, and Korean.

Through her lectures, consulting, videos, articles, and books, she has helped individuals and corporations around the globe to free themselves from worry and cultivate inner peace. Denise works with CEOs, Senior Management Teams, and Executives—along with their clients and the people they lead—helping them to eliminate worry in their personal and professional lives. Denise's client list includes companies such as:

- American Express
- Toyota
- CEO Global
- RBC Royal Bank
- Deloitte
- Dundee
- Manulife Financial
- TD Canada Trust
- Clarica
- AIG

Denise is hired to speak at corporate events and provide on-site training and consulting resulting in more effective and efficient work environments, less stress, and greater strategic planning success.

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