



mary kraemer, rn

Hello and Thank You for taking the time to consider Mary Kraemer, RN to be one of your featured speakers at your upcoming event, teleclass or conference!

The following is a list of Presentation Topics that Mary Kraemer, RN, owner of Gotta Get Balanced, LLC, speaks on to groups, organizations and businesses in general. If you are interested in a topic other than what is listed here, contact us and inquire.

All of these talks are best as a keynote or 90 minute presentation however we can shorten them for 60 or 30-minute presentations as needed. Mary always gives, high-content, high-value presentations that are transformational, energetic, motivating and fun for all audiences.

Mary has a style of teaching and speaking that makes it easy for anyone to follow along, be inspired and to take away more than enough implementable strategies.

Mary has a very broad background of experience, training and knowledge in regards to health, wellness, and the wisdom of the body. She's worked with a wide variety of individuals from a variety of different businesses and different industries and she makes it easy to apply whatever she's teaching to any business structure.

There are many videos of Mary online, some of large presentations, some small and some quick video tips so you can get a sampling of her candor. For videos, go to her YouTube channel here: https://m.youtube.com/channel/UCyBGOx0k7Hk0x_qVPCsc3IQ

Mary can sell or not sell from the stage as host prefers however we always ask that at a minimum we can hold a drawing and/or have a display table in the room during the entire event as well. We are open to discussing opportunities for offering a commission to the event coordinator for anything we do sell; please let us know if you are interested in this. We also will negotiate advertising and promotion depending on the event; some events we promote to our list and some we expect the promoter to do the majority of the marketing.

Thank you, we look forward to working with you!

Mary Kraemer, RN, CMMSMC

MaryKraemer.com

Please contact me with any questions or concerns:

(888) 214-5023

mary@marykraemer.com

Speaker Bio and Speaking Topics for Mary Kraemer:

Please List Mary as: MaryKraemer, RN, Holistic Intuitive Strategist with Gotta Get Balanced.

Mary Kraemer logo and photo are attached.



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**Contact Mary Kraemer today to
book her as your next speaker!**

888-214-5023

mary@marykraemer.com



Why Choose Mary as a speaker for your event?

Mary always gives high-content, high-value thought provoking presentations that are transformational, energetic, motivating and fun for all audiences. These presentations are designed for executives, corporations, business owners and nurses for Continuing Education.

In Mary's presentations she always interacts with the audience, asking questions, getting them to think differently and her audience typically take notes on the material she covers. She's been known to even 'coach' some attendee's right on the spot.

There are many videos of Mary online, some of large presentations, some small and some quick video tips so you can get a sampling of her candor. For videos, go to her YouTube channel here: https://m.youtube.com/channel/UCyBGOx0k7Hk0x_qVPCsc3IQ

Contact links for Mary online:

Main website: www.MaryKraemer.com

YouTube: https://m.youtube.com/channel/UCyBGOx0k7Hk0x_qVPCsc3IQ

www.Twitter.com/@GottaGtBalanced

Bio:

Mary Kraemer, RN, author, national speaker, and international coach inspires individuals to prevent burnout and release stress. She has been working with energy and mind-body dynamics for over 30 years and utilizes a 'holistic intuitive approach to health-illness-wellness and inner wisdom'. Mary has facilitated over 12,000 individual & group sessions.

Mary provides a safe, supportive, confidential and fun environment for transformation. She helps clients in the development of empowering behaviors and attitudes towards self-discovery and soulful transformation. She is consulted for her ability to view energy patterns of the body and release those which are no longer beneficial.

Mary guides individuals to recognize the body's signals of energy imbalance and to foster a shift towards improved health and vitality. Mary loves to teach about the natural wisdom of the body. To schedule a complimentary strategy session please visit www.MaryKraemer.com.

Speaking Topics:

Speaking Topic #1:

Shhhhhh – Can You Hear Me? When YOUR Body Talks...are YOU listening?

Did you know that your body is constantly communicating with you by giving you messages all day long? It tells us if we're stressed, ignoring our intuition, talking on someone else's crap, and does this whether we pay attention or not. The body is a powerful healer and it exquisitely either maintains balance {homeostasis} or repair.

In our time together you will discover:

- ❖ How the 'words we say' and the 'thoughts we think' affect us physically, mentally, emotionally, spiritually, and financially
- ❖ Which physical symptoms are messages from your body telling you that something is out of balance
- ❖ Why not addressing your stress can lead to illness & disease
- ❖ What procrastination means
- ❖ Self-empowerment strategies to overcome physical and mental obstacles to live a more empowered life

Speaking Topic #2:

How to Prevent Body Breakdown as You Build Your Business

Discover Why Your 'Business' Wellness and Your 'Body' Wellness Go Hand-in-Hand, and 5 Things You Can Do to Make Sure Both are Thriving

This program is designed to help small business owners, entrepreneurs, and executives to better understand the connection between their work and their health, empower them to make changes for the better and achieve a heightened level of health, wealth and happiness. Ultimately, attendees at this session will walk away being empowered to minimize illness and have greater awareness of what's really behind their health and success.

Attendees at this session, will discover:

- ❖ The connection between specific processes in your business and the nine systems in your body
- ❖ Understand why when things aren't going right in your life, or business, it will translate into particular illnesses and ailments in your body
- ❖ 5 simple habits they can adopt that will help them to make lasting improvements in their health and in their business

Speaking Topic #3:

Healing When You're Burned Out, Beat-Up, and Have a Bruised Soul, How to Turn the 3 B's into BOLD, Beautiful, and Brilliant

After attending Mary's transformative session, you'll discover:

- ❖ How energy exchanges take place
- ❖ What sucks the living life out of you ('energy vampires')
- ❖ How to use body awareness during periods of growth and change
- ❖ 3 of the most common areas of physical breakdown
- ❖ What procrastination, dread, fear, and confusion is really about
- ❖ A simple yet powerful self-empowerment strategy to over obstacles
- ❖ How to incorporate learned techniques for personal and business success

Speaking Topic #4:

The #1 Secret for Managing Stress

When people suck the living life out of you, your pants are in a wad, you feel like you're at your wits end and you can't stand it anymore then you're ready to finally figure out what stress is all about...

You'll want to attend so that you are able to:

- ❖ Release clients/relationships that are draining
- ❖ Stop overcommitting
- ❖ Keep your knockers out of a wad
- ❖ Honor yourself
- ❖ Maintain your power and not give it away

Speaking Topic #5:

Pain: Reflect...Release...Rejuvenate 'tune into your body & improve your health'

Are you sick and tired of experiencing pain? Quite frankly "PAIN" is exhausting. One estimate for the cost of pain is \$61.2 billion per year!!! When pain controls your life, and drugs and physical therapy aren't enough, are there other options? Absolutely!! Improve the quality of your life by learning several non-pharmacologic (no drugs) pain reduction techniques from the privacy of your home and positively impact your health.

Join me

- ❖ If you're ready to ... reduce your discomforts
- ❖ If you want to ... participate in your healthcare
- ❖ If you'd like to ... feel better and have more energy
- ❖ If you desire to ... improve your work-family relationships
- ❖ If you're ... sick and tired of being sick and tired
- ❖ If you'd like to ... help someone that you care about
- ❖ If you would like to ... prepare for a future procedure
- ❖ If you're ... recovering from an injury or surgery
- ❖ If you've ... been in an accident & haven't felt right since
- ❖ If you're ... mending broken ones
- ❖ If you'd ... 'like to sleep better'

By exploring a number of non-pharmacologic (no drugs) pain reduction methods you can:

- ❖ diminish your discomforts
- ❖ participate in your health care

- ❖ feel better
- ❖ have more energy
- ❖ enhance the quality of your life

Learn and practice a variety of mind-body connection techniques such as the pain drain, anger release, body-talk, and conscious contracts, designing daily rituals, pattern identification, and much more.

Speaking Topic #6:

I Need to Let Go, But I Don't Know How

Do you have mind-chatter?

Keep repeating scenarios of past issues in your mind?

Use the words, 'I should have _____'

Think IF I had only done this, or that...have anger, fear, frustration, hate, vengeance

Have regrets?

Maybe someone has hurt you in the past and they trigger anger or any number of emotions. Maybe it's difficult to forgive them or yourself.

It's all about....Power

It's about Giving Away Your Power...

personal, financial, career or relationship issues

Would you like to 'let go' of those thoughts?

Take control of your life?

Enjoy happiness, less stress, definitely less mind-chatter, better heart health.

Then it's time to take back your **POWER**

Energy Flows Where Attention Goes

It's actually quite simple. At the moment a thought, verbalization, or action takes place the body has an opportunity to process. If it's not processed and resolved within 24 to 48 hours the body then stores it.

Learn where your body has stored the information and easily release it.

Speaking Topic #7:

Healing from Surgery: A Mind-Body Approach

With the high cost of healthcare and fear of missing 'too much' work this presentation takes one through the stages of preparing for and planning for accelerated healing and recovery

By participating you will:

- ❖ Integrate all four aspects within yourself for healing 'spiritual-physical-mental-emotional'
- ❖ Empower yourself by becoming an active participant in your health journey
- ❖ Enhance the recovery process
- ❖ See yourself healing faster
- ❖ Incorporate your medical team in your healing process
- ❖ Learn a guided meditation and visualization technique

Speaking Topic #8

How to Be a Manifesting Magnet in 7 Simple Steps

Everyday there are stories about people that want 'something'. Many want a new house, a meaningful relationship, a new car, more clients, a new job, better health, and the list goes on and on. Many folks are very unhappy with their current life circumstances. Being unhappy takes its toll on your mind and body in the form of stress.

There is an energetic shift that's taking place on the planet and all the shake-ups with respect to jobs, money, and relationships are to rebalance that which isn't working. During times of transition a sense of powerlessness and distress often manifests within; and those energies are sent out into the world. Since 'like attracts like' those vibes are not the kind of signals that one would want to send out when one wants to manifest a dream, goal, or desire.

By attending you will discover the 7 Steps

- Step 1: Release prior baggage.
- Step 2: Believe that you are worthy.
- Step 3: Mentally create your new environment
- Step 4: Create your personal attraction symbol
- Step 5: Manifest energetic interest
- Step 6: Focus on what you want, not what you don't want
- Step 7: Offer gratitude

Partial List of Speaking Clients

1. Mary has been holding her own 1-2 day **live seminars** since 1999
2. Numerous **internet and radio** guest appearances
3. Hosted 'Gotta Get Balanced, from Stress to Success' a **tele-summit** with multiple speaker presentations
4. **Speaker, Private Event**
Phyllis at the Madison, Cincinnati, OH
Topic: Caregiver Relaxation/Restoration
5. **Speaker, West Chester Conference Center, Life Success Seminars**
Breakfast Networking Event, **Topic:** Body Talk, Can You Hear Me Now?
6. **Unity Church of Louisville, based on book of same name**
'Healing is an Inside Job, How to Accelerate Your Body's Rate of Healing and Recovery'
7. Hosted Entrepreneur **Power Breakfast**, Las Vegas, NV 2014
8. **Speaker, Maximize Your Potential , Louisville, KY, eWomen's Network Accelerated Luncheon** Hosted by: Sharon Bell, previous Managing Director
9. **Women in Networking, Speaker**, West Chester, OH

Partial List Radio or Internet Interviews:

1. **Jacqueline Marcell's** Internet radio program 'Coping with Caregiving'
2. **Helen Dearman's** Internet Radio Show 'Pain Tamer's, Part 1. Discussed non-pharmaceutical ways to relieve pain and the concept of how 'healing is an inside job'
3. **Helen Dearman's** Internet Radio Show 'Pain Tamer's, Part 2. Discussed taking responsibility of one's health and how oftentimes people use their pain for secondary gain to get out of doing things they don't want to do.
4. **Maira Shepherd's** Internet Radio Show, MidLife Miracle. A lively talk show dedicated to guiding listeners in turning their midlife crisis into a MidLife Miracle.
www.MidLifeMiracleRadio.com
5. Radio Interview WFNN 1330AM Erie, PA with Heidi Parr-Kerner and Phil Kerner
The Better Business Hour, Topic: Maximize Your Potential, Listen to Your Intuition
6. **Radio Interview WFNN 1330AM, Erie, PA with Heidi Parr-Kerner and Phil Kerner**
The Better Business Hour, **Topic:** Maximize Your Potential, Listening to Your Intuition
7. **Valkyrie Athletics, Owner Jennie Cwikla, Meditation and Q & A releasing session** for Program members

Memberships and Organizations Mary is involved with or a member of:

- Women Speakers Association –member
- Public Speaker's Association –featured member
- eWomenSpeakers Network - member
- eWomenNetwork - member
- Coachville Graduate School - lifetime member
- Love & Money Club - member

Licensure and Certifications:

- ❖ Registered Nurse
- ❖ Certified Medical Meditation & Stress Management Consultant
- ❖ Nurse Continuing Education Provider
- ❖ Certified Medical Intuitive

Partial List of Clients & Companies Impacted by Mary



(THE) Affluence
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