



# CAPITOL CITY SPEAKERS BUREAU

*We help you thrill your audience!*

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## Stephanie Marston

*Travels from:* New Mexico

*Fee Range:* \$7,501 - \$10,000

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Stephanie Marston is a dynamic motivational speaker, best-selling author and Work/Life Balance Expert. She is dedicated to providing people with the tools that reduce stress, balance work and family and make time for what truly matters.

She is the author of *Chicken Soup for the Soul's Life Lessons for Women: 7 Essential Ingredients for a Balanced Life* and *If Not Now, When? Reclaiming Ourselves at Midlife*.

Stephanie works with people to improve the quality of their lives, work and relationships. She is one of the most sought-after experts in the country. Stephanie has conducted national and international seminars for more than 50,000 employees, corporate executives and women. Fortune 500 companies, global corporations, women's and health-care organizations and professional associations have sought her expertise to help them reduce stress, increase productivity and create a culture of satisfaction for their employees.

Stephanie is a licensed Marriage and Family Therapist with more than 25 years' experience in the fields of work/life balance and women's issues.

Stephanie delivers programs to corporations, professional conferences, healthcare and women's organizations, associations and the general public.

### *Most Requested Programs...*

- 30 Days to Sanity: Strategies to Reduce Stress, Increase Productivity and Live a Meaning-Driven Life
- Chicken Soup for the Soul's Life Lessons for Women
- The Power of Recognition: Create a Culture of Retention, Increased Morale and Productivity
- The Multigenerational Workforce: How to Overcome Differences, Build Rapport, And Communicate Effectively
- If Not Now, When? : Reclaiming Ourselves at Midlife
- Life Lessons for Busy People