

Mary
O'Neill

& ASSOCIATES

Speaking, Training & Consulting

Helping Individuals and Organizations
Build Great Relationships!



Mary O'Neill, MA, MFT

SPEAKER PROFILE

Mary O'Neill is known for her unique ability to open the minds and touch the hearts of her audiences. Her dynamic, upbeat and content-rich programs, have helped thousands of participants pave the way for more successful, productive, and high functioning relationships.

Mary's two decades as a licensed psychotherapist, enable her to provide audiences with great insight into the understanding of how people and teams function and how they can co-exist more harmoniously and successfully.

Mary is masterful at helping participants easily grasp and resolve the often challenging communication and interpersonal issues that arise among work groups everywhere.

Let Mary engage your audience and experience the energy that transforms their stress and conflict into growth and change, every time!

CONTACT

Mary O'Neill, MA, MFT

Speaker • Trainer • Executive Coach

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PRESENTATIONS

- ▶ The EQ Edge: Emotional Intelligence and Your Success!
- ▶ Emotional Intelligence in Leadership
- ▶ The Leadership Challenge Workshop
- ▶ Making Stress/Change Work for You
- ▶ The Harmony Habit: Transforming Conflict from the Inside Out

PARTIAL CLIENT LIST

- ▶ American Legal Administrators Association
- ▶ American Dental Association
- ▶ American Lung Association
- ▶ California State Bar Association
- ▶ California Pacific Medical Center
- ▶ California Bankers Association
- ▶ Kaiser Permanente
- ▶ Littler Mendelson Law Firm
- ▶ Louisiana City Court Clerks Association
- ▶ National Conference for Women Corporate Counsel
- ▶ RealCare Insurance Marketing
- ▶ Redwood Credit Union
- ▶ Society of HR Management
- ▶ The Exchange Bank
- ▶ Waterpik

PRAISE

"Your keynote presentation at our Mastery convention in Atlanta was beyond our expectations. The entire room was transfixed. We feature a special speaker at every one of our Mastery Trainings and no one has ever received a **standing ovation** - until your presentation!"

Terry Hunefeld, President and CEO, By Referral Only

"I don't usually write **fan mail**, but the high quality content of your presentation (combined with your platform skills) made your presentation one of the highpoints of a very high quality conference... **you are exactly the kind of presenter we want to repeat.**"

Karl Ahlrichs, Conference Co-Chair, Society for Human Resource Mgmt

"Our **heartfelt appreciation** for your keynote presentation, The Courage to Change in A Diverse World. It was **inspiring, motivating and timely**. Your **powerful message of faith and encouragement** in our selves made an impactful impression..."

*Magaly Fernandez, Conference Coordinator
SF Department of Human Services – Annual Diversity Conference*

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POPULAR PRESENTATIONS

I. Topic: Leadership

- ▶ Emotional Intelligence in Leadership
- ▶ The Leadership Challenge Workshop

These cutting-edge programs aim to de-mystify leadership and approach it as a measurable, learnable, and teachable set of behaviors, establishing a unique underlying philosophy – that leadership is everyone's business! In this dynamic, interactive workshop, breakout session or keynote address, participants measure their leadership competencies and are guided through the process of applying Kouzes' and Posner's acclaimed leadership model to real-life challenges.

The program is grounded in five practices of exemplary leadership:

1. Model the Way
2. Inspire a Shared Vision
3. Challenge the Process
4. Enable Others to Act
5. Encourage the Heart

Participants learn how to “awaken the leader” within by identifying and practicing at being their “personal best” and by embracing leadership as an everyday behavior.

II. Topic: Conflict

- ▶ Conflict: You Can Run But You Can't Hide! Conflict and Communication Skills
- ▶ The Harmony Habit: Transforming Conflict from the Inside Out

Life will never be free of conflict – nor should it be. Interpersonal conflicts can be the special “workplace lessons” that introduce us to our greatest strengths and potential! Left unchecked, however, unresolved differences and disagreements can spoil relationships and impede productivity, with conflict becoming one of the biggest barriers to achieving individual and team goals.

In this thought provoking and content-rich, half or full day program, participants learn to empower themselves with problem solving skills, build upon the habit of becoming less reactive and more responsive to conflict and develop more creative solutions to this special kind of relationship stress.

Audiences learn how to communicate more effectively, move through disagreements more easily and come to trust the value – and hidden benefit – conflict has for them as growing, changing men and women. They'll come away knowing how to respond more creatively, productively to conflict; what to say and do to increase their chances of creating greater harmony; and how to restructure the self-limiting attitudes and beliefs that tend to perpetuate problems.

III. Topic: Stress Management:

- ▶ The EQ Edge: Emotional Intelligence and Your Success!
- ▶ From Stress to Success!
- ▶ Making Stress/Change Work for You!

What would life be like if we approached each day as a gift waiting to be opened? We would undoubtedly respond with more enthusiasm, excitement and gratitude and experience renewed eagerness to lay claim to our strengths, skills and talent.

Yet, in the stress and complexity of managing our busy lives, we can easily wind up feeling frazzled and fatigued – with few emotional reserves left at the end of a long and hectic day. Learning how to better manage stress helps us achieve greater levels of personal and professional performance and can provide the enthusiasm and energy every individual – and team – needs to meet their goals.

In these fun and informative programs, participants learn a simple, systematic method for processing stress and develop skills that will enable them to turn everyday challenges into opportunities for growth and change. Specific tools are offered on how to respond more positively and productively to stress – both on and off the job – and how to create a happier, healthier workplace environment.

Audience members are engaged and inspired to relax, renew and re-energize – so they can perform at their peak and put some balance – and joy - back into their life and career!

FLEXIBILITY TO MEET YOUR NEEDS

Tailored to fit your organization's needs, Mary's programs are designed and delivered to maximize the return on your investment. Her content-rich, upbeat and enlightening presentations can be customized for:

- ▶ Keynote Presentations
- ▶ Breakout Sessions
- ▶ Half-day Seminars
- ▶ Full-day Seminars
- ▶ Retreats
- ▶ Spouse/Partner/Guest Programs

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WHAT MEETING PLANNERS ARE SAYING...

- ▶ “The content and delivery of your presentations never fail to impress! Reaction to your EQ Workshops was very positive, and managers are expressing optimism about using their assessment results to grow — personally as well as professionally. Thank you for the rave reviews and the results!”

*Trudy Jamieson, Training Director
Exchange Bank*

- ▶ “Your keynote presentation at our Mastery convention in Atlanta was beyond our expectations. The entire room was transfixed. We feature a special speaker at every one of our Mastery Trainings and no one has ever received a **standing ovation** — until your presentation!”

*Terry Hunefeld, President and CEO
By Referral Only*

- ▶ “Your presentation was a **highlight of the conference** and that sentiment was echoed by all in attendance.”

*Dr. Rise Lyman, DDS, Past President,
America Association of Women Dentists*

- ▶ “What a **fantastic job** you did for us. Your evaluations were superb!”

*Susan Forrester, CMP, Conference Coordinator,
Central California Women’s Conference*

- ▶ “I don’t usually write **fan mail**, but the high quality content of your presentation (combined with your platform skills) made your presentation one of the highpoints of a very high quality conference... **you are exactly the kind of presenter we want to repeat.**”

*Karl Ahlrichs, Conference Co-Chair
Society for Human Resource Mgmt*

- ▶ “Our **heartfelt appreciation** for your keynote presentation, The Courage to Change in A Diverse World. It was **inspiring, motivating and timely**. Your **powerful message of faith and encouragement** in our selves made an impactful impression...”

*Magaly Fernandez, Conference Coordinator
SF Department. of Human Services — Annual Diversity Conference*

- ▶ “**You continue to dazzle them...** Thank you for another year of extraordinary programs. We can hardly wait to hear them cheer at our next retreat.”

*Kathy Larson, Vice President Marketing and Education
Master Plan Alliance*

WHAT MEETING PLANNERS ARE SAYING...continued

- ▶ “I’ve just been through the evaluations from last weekend’s MAP Retreat. Your **ratings were stellar** as always!”

*Suzanne DuMolin, President and CEO
Master Plan Alliance*

- ▶ “Conflict Resolution course was **great!**”

Dr. Kevin Winters, DDS

- ▶ “The **evaluations ... contained the highest marks possible** for your teaching methods, content, and effectiveness ... a few of the participants’ comments:

- ▶ ‘Outstanding!’
- ▶ ‘Very Engaging’
- ▶ ‘She helped me understand myself’
- ▶ ‘Terrific presentation!’”

*Dr. Ann Womack, Director, Faculty Development,
Heald College Annual Conference*

- ▶ “We have offered several courses in stress management and **yours is by far the most well received.**”

*Barbara Fanning, Director, Continuing Legal Education
The Bar Association of San Francisco*

- ▶ “We have had other Conflict Resolution classes ... **yours was, by far, the best** ... you were masterful in creating a safe, open environment for the participants to discuss their real life concerns and issues.”

*Liz Paris, Training and Development Officer
Marin County Government*

- ▶ “Your talk was extremely well received.... Many participants commented on how practical and uplifting it was. Some of the comments included: ‘Mary is a great speaker. She is engaging and energetic. I enjoyed her humor and practicality.’ Others said, ‘I appreciated the entertaining quality and high value of material presented.’ Lastly, one person said. **‘Mary was fantastic – fun and informative.’** On behalf of the California Medical Center and the community, we thank you for your participation in this exciting and stimulating event.”

*Linda Joy Hummel, Ph.D., Program Coordinator,
Women’s Health Programs, California Pacific Medical Center*

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BIOGRAPHY

Mary O'Neill is a speaker, trainer, and executive coach offering professional development programs in the areas of leadership development, conflict resolution, and team building for corporate executives, business owners, professional service providers and health care teams. With two decades of experience as a licensed psychotherapist, Mary is skilled at helping team members easily understand the often challenging communication and interpersonal issues that arise among individuals and workgroups everywhere.

Mary is a seasoned professional speaker known for her unique ability to open the minds and touch the hearts of her audiences. Her upbeat, content-rich programs have helped thousands of participants pave the way for more successful, productive, and high functioning relationships, resulting in increased production and improved profitability. In her motivational workshops and presentations, individuals and teams discover how easy — and even fun — it can be to peaceably and systematically resolve conflict, diffuse stress, and develop creative solutions to problems that often seem insurmountable.

Mary's professional journey began with a career in public relations on Madison Avenue, in New York City, working with renowned Fortune 500 companies, such as DuPont, Tonka Toys, and Givenchy Fragrances. Early on, Mary noticed that some people possessed a greater capacity than others for building good relationships and functioning more effectively in the workplace. Her curiosity about the vital link between psychological hardiness and professional success, led her to pursue a Master's Degree in Counseling Psychology, from John F. Kennedy University, and to later become a psychotherapist in private practice, in the San Francisco Bay Area.

Mary now combines her experience in the business world with her understanding of how people and teams function and co-exist successfully — and uses this knowledge to help individuals and organizations thrive. She provides tangible, practical tools and life changing advice, all aimed at bridging the gap between our humanity and our profession.

Mary challenges professionals to become their "personal best" and to "awaken the leader within" by embracing change, taking risks, and developing and sustaining the skills critical to their personal and professional success.

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