



**Wit and wisdom
that connects.**



AUTHOR



SPEAKER



**PEOPLE
CONNECTOR**

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I share life lessons that help people create meaningful connections and inspire themselves.

Biography

Mary B. Lucas is an author, speaker, and people connector.

Mary has more than 35 years' experience in the staffing industry. Having climbed the corporate ladder from an entry-level customer service role to a C-level executive position, her professional background includes sales, marketing, operations, training, service delivery, talent acquisition, and organizational and executive coaching.

In 2006, she published the highly successful book, *Lunchmeat & Life Lessons*, a motivational memoir and tribute to her father on how to bring out the best in yourself and others. The book's momentum took off immediately and its impact was felt around the world. Companies, professional organizations and universities have invited Mary to speak to audiences large and small and share her wit and wisdom. She has spoken to thousands of people at hundreds of corporate audiences, commencement addresses and professional meetings with one mission: to share life lessons that help people create meaningful connections and inspire themselves.

Mary is also an executive coach, organizational strategist and consultant, and business advisor, working with individuals and companies to achieve their goals. She holds an executive coaching certification from Fielding Graduate University and is a certified staffing professional.

Mary makes her home in Kansas City with her husband, Scott. She is involved in philanthropic work with the American Heart Association as a living legacy to her parents who both died of heart disease.