



**Wit and wisdom  
that connects.**



**AUTHOR**



**SPEAKER**



**PEOPLE  
CONNECTOR**

### **Contact Information for Mary B. Lucas**

Office: 913.671.7974

Cell: 913.269.8222

mary@maryblucas.com

www.marvblucas.com

### **Presentation Title**

*Lunchmeat & Life Lessons: Sharing a Butcher's Wisdom*

### **Speaker Biography**

Mary B. Lucas is an author, speaker and people connector. She currently works as the Chief Talent Officer for Supplemental Health Care, where Mary and her team focus on creating solutions that enhance the talent experience and deliver efficiencies to the organization in the areas of talent acquisition and retention. She often describes her more than 30 years of experience in staffing and workforce management industry as experience in the "People Business." Mary has coached individuals at all organizational levels to reach their performance goals through improved work relationships and now shares her experience through her speaking and consulting practice.

In 2006, she published the highly successful book, *Lunchmeat & Life Lessons: Sharing a Butcher's Wisdom*, a motivational memoir and tribute to her father on how to bring out the best in yourself and others. Now in its 16th printing worldwide, her mission is to share life lessons that help people create meaningful connections and inspire themselves.

Mary is a graduate of Kansas State University, holds an Executive Coaching Certification from Fielding Graduate University and in 2016 earned the prestigious CSP, Certified Staffing Professional designation from the American Staffing Association.

### **Presentation Description**

Mary offers advice from the smartest man she ever knew—her father. A butcher by trade, he was the greatest coach she ever encountered. Using real world examples and the power of storytelling, Mary shares what she learned from her father and her career in the people business.

This presentation will help you learn how to inspire and bring out the best in yourself and others by creating meaningful connections in your workplace, networks and personal life.

### **Outcomes & Takeaways**

Participants leave Mary's session with fresh perspective in many of life's daily challenges, including:

- Learn something from every person you meet.
- The best endings are the ones you are prepared for.
- Nobody can make you happy but yourself.
- Don't take life too seriously - you're never going to get out of it alive anyway.
- And finally.....Remember the comeback sauce.

**Mary B. Lucas inspires audiences nationwide, and she's ready to go to work for your next professional meeting or seminar. Contact her for booking information and availability today.**