



**Wit and wisdom
that connects.**



AUTHOR



SPEAKER



**PEOPLE
CONNECTOR**

Contact Information

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Presentation Title

Lunchmeat & Life Lessons: Sharing a Butcher's Wisdom

Speaker Biography

Mary B. Lucas is an author, speaker, and people connector. She often describes her more than 30 years of experience in the 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 engagements.

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.