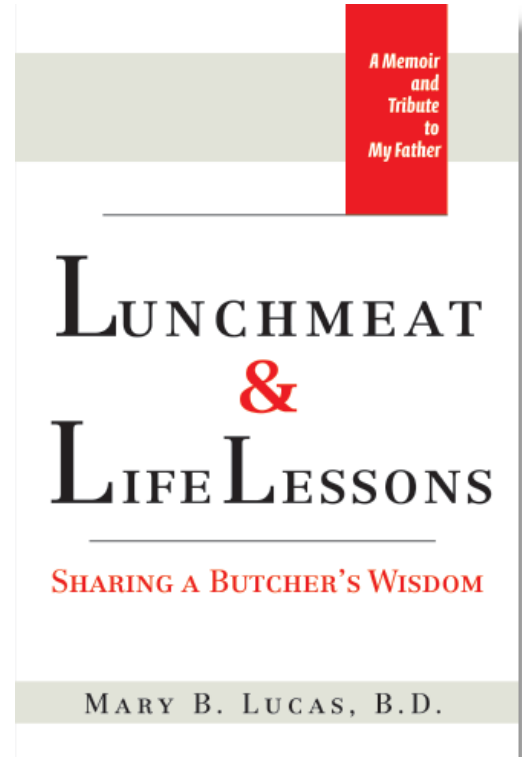

Speaker Information Kit



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3308 West 69th Street, Mission Hills, Kansas 66208
Phone: 913-671-7974
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Speaker Contact Information:

Mary B. Lucas
MBL Consulting, LLC
3308 West 69th Street
Shawnee Mission, Kansas 66208
e.mail: mary@consultwithmbl.com
Cell: 913.269.8222
Office: 913.671.7974

Full name for print: *Mary B. Lucas, B.D.*

Title: *Author, Speaker, Coach & Philanthropist*

Organization Name: *MBL Consulting, LLC*

WebSite/s: www.ConsultWithMBL.com www.LunchmeatAndLifeLessons.com

Brief Presenter Biographical Sketch

With over 25 years of experience in the staffing industry, Mary Bichelmeyer Lucas has a long list of accomplishments, accreditations and accolades to her credit.

She began her career ascent with a temporary help company where she worked her way up from a customer service position to the level of Executive Vice President. In her last corporate role she was recognized as one of the top female executives in the Staffing Industry in North America.

In 2004, she founded MBL Consulting, which specializes in Career & Executive Coaching as well as Employee Development Support.

Most recently, Mary authored the critically acclaimed book titled Lunchmeat & Life Lessons: Sharing a Butcher's Wisdom, which made its debut in December of 2006 and is already in its seventh printing. She is a frequent speaker for a variety of groups and as a result of her book sales gives generously to support the work of the American Heart Association in honor of her parents at www.HeartsWeLeaveBehind.com

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Title of presentation to be published:

"How to Succeed in the People Business... and we are ALL in the People Business"

OR

"Lunchmeat & Loyalty... How to Succeed in the People Business"

OR

"The Lunchmeat Legacy"

*Based on Mary Lucas' memoir and tribute to her father
"Lunchmeat & Life Lessons: Sharing a Butcher's Wisdom."*

Top three (3) learning objectives or outcomes of the presentation:

This session provides participants with specific examples and ideas as to how to "Inspire Loyalty" in the people around them whether they are in their personal or professional lives.

Participants will leave this session:

- 1. Motivated to make a positive impression on all those individuals they encounter daily.*
- 2. Prepared with specific actions and attitude adjustments to help them proactively deal with challenging people and situations.*
- 3. Reminded of the "Art of Appreciation" and the loyalty it can create.*

Brief summary/description of presentation (100 words or less): *

This uplifting and motivational presentation serves up prime cut advice from the smartest man that staffing industry veteran Mary B. Lucas ever knew: Her father, a Butcher by trade yet the greatest Executive & Career Coach she ever encountered. During her presentation, Mary distills the core of the Butcher's wit and wisdom - common sense values that she practiced in her own career, and advice that she directly attributes to her own professional success. This presentation is guaranteed to INSPIRE.

Sample speaker references who can attest to the quality of previous presentations:

Jackie R. Vogt
Bank of Blue Valley
Vice President Branch Operations
913 234-2354 Office
Jackie: JVogt@bankbv.com

Patty Soucy
University of Kansas
Employer Relations
785.864.4206 Direct Phone
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Sample Intro: Mary B. Lucas
Author Lunchmeat & Life Lessons: Sharing a Butcher's Wisdom

Length: 30 seconds approx live voice-over

Vocal Emphasis: underscored words represent key phrasing

Speaker (Within Host Organization):

Good (morning/afternoon/evening), I am very excited to introduce you all to our guest speaker this morning... the Butcher's Daughter... Mary Bichelmeyer Lucas.

Mary is joining us today to share the story of how she became a published Author thanks to her Father John Bichelmeyer Founder of Bichelmeyer Meats in Kansas City Kansas, but before she begins her speech I thought I would tell you a little bit about her professional background.

Mary spent 25 years working in a corporate role within the Healthcare & Commercial Staffing Industry. She began her career ascent with a temporary help company in the Kansas City area back in 1980 and worked her way up from a customer service position there to one of the top female executives in the Staffing Industry in the North America.

In 2004, Mary founded MBL Consulting, which specializes in career & executive coaching as well as employee development support.

Most recently, she authored the critically acclaimed book titled *Lunchmeat & Life Lessons: Sharing a Butcher's Wisdom*, which made its debut in December of 2006 and is already in its seventh printing. Side note here, she was also just recently published in Korea!

As a result of her book she is now a frequent speaker for a variety of groups around the country and gives generously to support the work of the American Heart Association in honor of her parents at www.HeartsWeLeaveBehind.com

Please join me in welcoming Mary B. Lucas.

####

Sample BIO: Mary B. Lucas Professional & Personal Background

***[Good for use with Photo at Seats/Dinner Table as Prep or Leave Behind]*

Mary B. Lucas, B.D.
Author *Lunchmeat & Life Lessons: Sharing a Butcher's Wisdom*

Mary Bichelmeyer Lucas is an Author, Speaker, Coach and Philanthropist

With over 25 years of experience in the Healthcare & Commercial staffing industry, Mary has a long list of accomplishments, accreditations and accolades to her credit.

She began her career ascent with a temporary help company in the Kansas City area in 1980 where she worked her way up from a customer service position to the role of Senior Vice President. In her last corporate role at a billion dollar commercial staffing company she was recognized as one of the top female executives in the Staffing Industry in North America.

In 2004, backed by the support of her colleagues, Mary founded MBL Consulting, which specializes in Career & Executive Coaching as well as Employee Development Support.

Most recently, Mary authored the critically acclaimed book titled *Lunchmeat & Life Lessons: Sharing a Butcher's Wisdom*, which made its debut in December of 2006 and is already in its seventh printing. She is a frequent speaker for a variety of groups around the country and as a result of her book sales gives generously to support the work of the American Heart Association in honor of her parents at www.HeartsWeLeaveBehind.com

Mary is a graduate of Kansas State University and makes her home in the Kansas City area along with her husband Scott and two teenage sons Chase & Nick.

Contact Information:

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Speaker Needs List: Mary B. Lucas

AUDIO/VISUAL REQUIREMENTS

Wireless Lavalier for over 30 Attendees

Ability to project a PowerPoint Presentation including:
Format LCD Projector with handheld slide advancer

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Lunchmeat and Life Lessons

Summary of Butcher's Wisdom

In the Beginning

- *Show 'em what you're made of!*
- *The first hunk of meat you sell is yourself.*

Create a Lasting Impression

- *Remember the comeback sauce.*

Stay Focused

- *Get out your blinders and put them on.*

Make Something Happen

- *Don't be a waver - do be a doer.*
 - *Be on time all the time.*
- *Be a person who makes something happen.*

Bring out the Best

- *If you don't like someone than they don't like you.*
 - *You've gotta find the like.*

Admit Your Mistakes

- *Raise your hand, put it down and get back to playing the game.*

Enjoy the Ride

- *Learn something from every person you meet.*
 - *It's not the pursuit of happiness, but the happiness of pursuit that inspires.*
 - *Stay busy. Idle time is the devils workshop.*
- *Don't act like it's your due - take every chance to say thank you.*
 - *When you're all wrapped up in yourself you make a damn small package.*
 - *Nobody can make you happy but yourself.*

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Look for Happiness Within

- *The happiest people are the ones who are inspired and enjoying the ride they are on while they are on it.*

Celebrate Life

- *Celebrate every chance you get.*
 - *Send yourself flowers.*

Put Bad Things in Perspective

- *Put Bad Things in Perspective*
They're still paying you aren't they?

Meet the Challenge

- *Deal with it - meet the challenge.*
 - *Don't take life too seriously*
- you are never going to get out of it alive anyway.
 - *Some things are just "Over the L."*
 - *Good luck? Bad luck? Who knows?*

Prepare Yourself

- *Don't let go of one limb till you have a firm hold on another.*
 - *The best endings are the ones you are prepared for.*
 - *Inspire yourself.*

Epilogue

- *To live in hearts we leave behind is not to die.*

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