

# Dr. Lori

## STEVIC-RUST

AWARD-WINNING KEYNOTE SPEAKER | INSPIRING AUTHOR  
NATIONAL HEALTH CONSULTANT & PSYCHOLOGIST



TALKS

### ***Live Greedy for Life™***

Who said aging means getting old? Kick the concept of graceful aging to the curb. Learn to live Greedy for Life™ by living with a ravenous and insatiable desire to live your life. Learn to embrace your moments and make a choice to consciously live with gratitude. Gratitude in action actively changes the way the brain is wired. Identify ways to change how you think and discover a more productive, healthy and successful you.

### ***Put on Your Big Girl Shoes and Stop Faking It***

High achieving women in positions of authority and visibility are most at risk to suffer from the imposter syndrome. This is that tiny and sometimes not so tiny voice reminding us that pretty soon others will see that we really are really just imposters faking our way through our successes. Learn to be confident in not being confident. Create a self-image made of Velcro and let positive feedback stick. Embrace your flops and failures as they are seeds to success. Put on your big girl shoes and show up ready to step into your confidence.

### ***Productive Leadership: Stop Talking and Listen***

Do you want a productive and engaged workforce? Are you eager to improve your bottom line? Ok, then let's talk about listening. Learn to actively listen to what your team is saying and stop spreading the stress--keep those germs to yourself. When leadership is stressed it becomes contagious and undermines productivity. Uncover leadership strategies to manage a stressful work environment, engage your team and facilitate innovation and fresh ideas. Lead with more self-awareness and social engagement and the bottom line will thank you.

### ***Intergenerational Caregiving***

My grandmother, my mother and I have AARP cards. What? There are unique challenges today for baby boomers as they may be caring for two generations above them, dealing with their own healthcare issues and still providing support to children. Navigating the healthcare arena can be overwhelming. Participants will leave with comprehensive information on the unique health challenges of seniors –specifically dementia and a next step plan of action. Area that will be covered include when to seek a geriatric assessment, when is forgetting a normal part of aging or a warning sign, how to have the conversation about selling the family home and relocation.

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# Dr. Lori STEVIC-RUST

**An Award Winning Corporate Keynote speaker with over 20 years of experience as a television and radio contributor, Dr. Lori delivers engaging and interactive keynote addresses that inspires audiences to action.**

Drawing from her training and experience as a health psychologist and the life philosophy of her 103-year-old grandmother, to live greedy for life, Dr. Lori offers a unique perspective on topics of healthy and purposeful aging, empowerment of women, resilient leadership and living.

Her clinical books have been published in Poland and India and reviewed by Larry King from Larry King Live at CNN. In her most recent book, *Greedy for Life: A Memoir on Aging with Gratitude*, Dr. Lori shares an inspirational journey of aging through reflections on the guidance of her grandmother.

As a strong advocate for women and seniors, she writes a regular column for several magazines and is an active blogger and guest commentator for the *Huffington Post*.

She has become a sought after national speaker for a wide range of audiences from healthcare organizations, hospitals, colleges and universities, professional organizations, churches and high school commencement keynote. Her presentations are customized and tailored to meet the organizations needs which makes them appropriate for both professionals and the general public.



MORE TOPICS

## **Health Psychology Clinical Topics**

- Stress Maintenance: Stop Avoiding it and Manage it
- Caregiving: Maintaining Balance Throughout the Generations
- Dementia: Alzheimer's Disease and Beyond
- National Trends in Dementia Care
- The Many Faces of Depression
- Having The Difficult Conversations with Families
- Stress and Your Health
- Mental Illness and the Elderly
- Snoezelen Therapy: Connecting Through the Senses
- Integrative Medicine: Health Psychology
- Stress and its Impact of Arthritis
- Depression and Heart Disease
- Competency to Make Decisions and Avoid Exploitation
- Vitamin G: The Health Benefits of Green Space
- Depression, Anxiety & Dementia through a Different Pair of Glasses: Hoarding in the Elderly
- Stress: Keeping the Demands of Yesterday, Today and Tomorrow Under Control

## **Inspirational/ Motivational Topics**

- Motivation for Change: Stop Fearing It
- Keep Laughing and be Healthy
- Wear Your Big Girl Shoes: Lose the Imposter Syndrome
- Embrace the Flops and Failures in Your Life: They are the Guides to Success
- Liking, Laughing and Fighting: The Keys to a Healthy Relationship
- The True Art of Leadership: Develop Healthy Work Environments
- Inspiration: Recognize It and Pass it On
- Developing a Purposeful Life
- Learn to Walk in the Shoes of Others: You will Find that Yours will Fit Better
- Caregiving: A Gift to Ourselves
- Aging: Making the Inside Match the Outside
- Laughter and Your Health
- Who Made Those Rules?: Women and Self Esteem
- The Other Shoe Will Drop: Learn to Live with Gratitude
- Wellness: Translating the Health of the Mind, Body & Spirit
- When Things Get Stale: Burnout and Boredom

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