



### **Life-Changing Connections ...**

The most powerful resource for persons who have been affected by brain injury...are other persons who have been affected by brain injury. There is a magical connection that occurs between two survivors or between family members/care-givers.

Equally important as the support and encouragement that survivors and family members/care-givers provide to one another is the level of deep understanding and trust that exists.

### **Life Changing Influence ...**

Survivors who are angry and resistant to cooperating with therapists or disregard the advice of family/care-givers will surprisingly be open to consider the exact information, coming from another survivor.

The same is true of family/care-givers who are opposed to following the advice of a professional. Another family/care-giver can provide the belief they lack, and build trust with the therapist or doctor. Family/care-givers are less apt to take offense and more willing to consider the constructive feedback and suggestions made by other family/care-givers about their care-giving than from another source.

### **Life Changing Experience and Knowledge ...**

A brain injury survivor with Lois' insight and ability to effectively communicate the survivor's perspectives of living with a brain injury provides a rare opportunity for family/care-givers and professionals to bridge the gap of misunderstanding and improve relationships with survivors.

Most survivors are not privileged to receive the on-going therapy that Lois has received to help her make necessary adjustments over the past 19 years. Survivors eagerly absorb the systems and strategies that Lois shares with them. Lois' infectious optimism inspires survivors to feel hopeful and motivates them to take advantage of every resource available to improve their health, attitude and abilities.



by Lois McElravy

Hangin' on with humor when life looks ugly . . .

406.251.2887 \* [www.lessonsfromlois.com](http://www.lessonsfromlois.com)





Hangin' on' with humor when life looks ugly . . .

## Motivational Humor from Lois McElravy



**Brain injury survivor was not on Lois' "who I want to be when I grow up" list. Neither was motivational speaker.**

Doctors said two years post injury was the best Lois could hope for her brain to recover. Twelve years post injury Lois' brain started to function at a higher level. Fourteen years post injury she started her motivational speaker business and was accepted into National Speakers Association three years later.

Lois inspires survivors to never give-up or lose hope, and evidences that their continuous efforts of doing small things over a long period of time will produce surprising results. Survivors feel hopeful and motivated to take advantage of every resource available to improve their health, attitude, and abilities.

Care-givers, family members and professionals gain valuable insights and a deeper understanding of living with a brain injury. They feel hopeful and better equipped to help their loved ones or clients adjust.

### Lois McElravy

will tell you from personal experience,

*"There is nothing funny about living with a brain injury. But there is plenty to laugh about."*

Lois shares the emotional journey of confronting her loss and adjusting to a sudden life change caused by a brain injury. Heartfelt and hilarious, her personal story illustrates the healing power of humor and the magic of laughter.

### Lois' keynotes

entertain and inspire national audiences with humorous stories about living with a brain injury. "Lessons from Lois" contain hard-earned wisdom and strategies to bridge the gap of misunderstanding and improve relationships of survivors with family/caregivers and professionals. Lois instills a special gift of self-acceptance for persons living with a brain injury, and provides tools to help them let go of their previous life, adjust to their new reality, redefine their life purpose and feel happy.

### Hire Lois to:

- \* Kick off your conference with a surprise or close with a punch.
- \* Present humor workshops, adversity programs or educational trainings.
- \* Deliver a meaningful message with candor and humor to a mixed audience.
- \* Provide life-changing insights and hard-earned wisdom from a survivor's perspective.

*We hired Ms. McElravy to deliver the keynote speech at our 25th Annual Brain Injury Association of Colorado Conference, and the reception that her speech received from attendees (professionals, survivors and families alike) was nothing short of superb. I did not hear a single negative comment and was thrilled to hear such positive accolades for her, especially from survivors. She helped make our event a rousing success, and I would not hesitate to recommend her to any other brain injury organization for their conferences.*

**Paul Price, MBA**  
Executive Director  
Brain Injury Association of Colorado

*Lois McElravy radiates enthusiasm and a zest for life. She connects with her audience as she shares her struggles and successes while living with a brain injury. Her sense of humor has helped her cope in difficult situations. She gives people hope and her "never give up" positive attitude is contagious. Lois shares many strategies with survivors of brain injury and their family members that are valuable "lessons for life!" She is truly a motivational speaker!*

**Rose Dymacek —**  
Nebraska Department of Education



*"When life knocks you down, humor is the magic wand that cushions your fall, lifts you back up, and points you in a new direction."*

**Lois McElravy**

# Lois' Most Requested Programs



## **What do you do when life looks ugly?** *Character Keynote/Signature Story—Keynote*

Lois combines a captivating character performance with her brain injury signature story and shares the emotional journey of adjusting to a sudden life. Lois inspires survivors to never give-up or lose hope, and evidences that their continuous efforts of doing small things over a long period of time will produce surprising results. Heartfelt and hilarious - Lois' message provides life-changing content with many take-aways for a mixed audience.

## **The Ripple Effect of Brain Injury in Families and Relationships**—*Training*

Lois shares how her brain injury affected each of her personal relationships and other aspects of her family member's lives. The goals of this session are to remind the survivor to look past their own loss and recognize the losses of others, and for family members, care-givers and professionals to gain a fuller understanding of the survivor's way of thinking.

## **Hangin' on with Humor when Life Looks Ugly**—*Keynote*

Living with a brain injury provides unexpected or uncontrollable situations that wear us out and leave us feeling hopeless. The chaos we create from sunrise to sunset is full of comedy. But, we are not in a position to see the humor in our circumstances, and we surely don't feel like laughing. Participants learn how to use the power of humor and the magic of laughter to cope with their difficulties and enjoy life more.

## **Adversity Builds Diversity**—*Transform Troubles into Triumphs*—*Keynote*

Lois entertains and teaches with personal stories that reflect how she learned to manage the daily challenges of living with a brain injury. She relates how she used the same principles and strategies 15 years later to navigate through the unexpected difficulties she encountered when she left her safe, controlled environment and ventured into the "real world" with her speaker business three years ago.

## **Discover the Treasures in Your Trials**—*Training*

It takes years for persons affected by brain injury to adjust to their new reality and even longer before discovering their treasures. Recognizing their personal growth acquired creates a paradox of emotion, because the positives don't negate the loss, limitation, and hardship. This session focuses on breaking down the "defective self-image" by recognizing the strengths and capabilities acquired from living with brain injury.

## **The Sensitive Side of Humor and Laughter**—*Training or Luncheon Talk*

Disability or no disability, we all have areas of sensitivity. Those unexpected and most embarrassing moments often look humorous to those watching, but do not feel funny to the person creating the comedy. Understanding that laughter is a result of the natural, spontaneous reaction that occurs when our funny bone is tickled, or when we are surprised helps us not to take other's laughter personally.

## **Puzzle Club: Brain Injury Survivors Talk**—*Documentary Training*

The Puzzle Club Documentary delivers a hopeful message for anyone affected by brain injury—brain injury is not the end of a life, it's a new beginning. Lois McElravy is one of the brain injury survivors featured in this documentary. Participants learn how they can start their own weekly support group to meet the needs of the higher functioning survivor and their family.



Lois creates a memorable visual and delivers a message that is not easily forgotten.

Lois' character keynote opens when Louis takes the stage and reminds the audience about the power of humor and the magic of laughter. Dancing to a Shania Twain song, Louis cleverly transforms into Lois, who relates what Louis' transformation represents.

*"Lois/Louis offer a dynamic presentation that provokes the audience to open both mind and heart. Through their story our leadership was refreshed to the potential of success from failure, of the effort that perseverance takes, of the demand and risk of appearing foolish, and of the myriad of professional and personal masks we offer each other and so readily take up ourselves. Lois and Louis share a slice of their journey and in such a lesson of the journey that we are all on in our relationships with our customers, colleagues, families and communities."*

**Geoffrey M. Lauer / National Director of Affiliate Relations Brain Injury Association of America (BIAA)**

*Hangin' on with humor when life looks ugly . . .*

Lois McElravy ★ 406.251.2887 ★ [lessonsfromlois.com](http://lessonsfromlois.com)



## What can you expect from Lois?

Original Presentations ... plus a Captivating Character Performance

Entertainment ... that Provides a Meaningful Message

Hilarious Personal Stories ... that Reveal a Life-Lesson

Survivor Systems and Strategies ... to Adjust to Constant Change

Thrivers Perspectives ... to Overcome Adversity

Life-Changing Influence ... that Inspires Hope and Motivates Action

Humor Tips and Techniques ... to Cope with the Seriousness of Life and  
Enjoy the Funny Side of Life

## Five reasons Lois' clients book her for repeat performances . . .

- ★ Laughing Feels Good, Releases Tension and Creates a Receptive Atmosphere
- ★ Life Experience is the Best Teacher
- ★ Personal Stories Relate Genuine, Heartfelt Messages
- ★ Humor Strategies Provide Useful Tools to Cope with Life's Difficulties
- ★ Life-Changing Insights Restore Hope



## Lois' Biography

Lois McElravy grew up believing that she could accomplish anything she set her mind to do. Little did she know her mind would turn out to be her greatest challenge.

Nineteen years ago, Lois was living a life she loved. Newly married to Larry, their family resembled a miniature Brady bunch. In a split second, everything changed. Without warning, a utility truck crashed into her car, and shattered her promising future. The resulting brain injury she suffered may have destroyed Lois' life plans, but not her spirit. Learning to laugh and "hangin' on

with humor" rescued her from the distress and despair surrounding her daily life, and initiated her recovery.

Doctors told Lois that 2 years post injury was the best she could hope for her brain to recover. Even though her situation felt hopeless, Lois never gave up striving to improve. When Lois was 12 years post injury, she started to experience some noticeable improvements with brain function. When Lois asked her doctors to explain why her brain function was improving, they answered, "It is a result of your consistent effort of doing many small things over an extended period of time."

When Lois was 14 years post injury, she started her own motivational speaker business, Lessons from Lois. She was accepted into National Speakers Association three years later. Today, Lois passionately paves the way for others to rebound "when life looks ugly." Her universal message inspires audiences – "never give-up or lose hope." Lois motivates participants to boldly ask for help and be faithful to do the small things – so they can conquer their challenges, and achieve their goals one day at a time.

Lois lives in Missoula, Montana with her husband Larry. Their four children are young adults. Lois serves on the Missoula Businesswomen's Network Synergy Board. She is an award winning Toastmaster and a member of National Speakers Association (NSA).



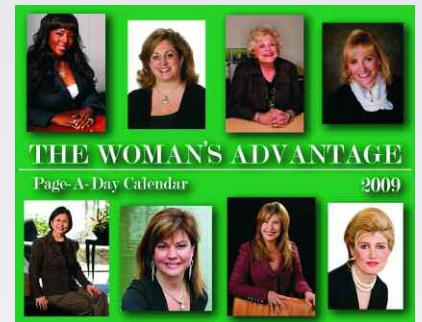
Hangin on with humor when life looks ugly . . .

Lois McElravy ★ 406.251.2887 ★ [lessonsfromlois.com](http://lessonsfromlois.com)



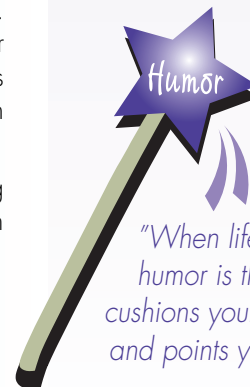
## MBN 2007-2008 Woman of the Year

Missoula Businesswomen's Network presents Lois with the MBN 2007-2008 Woman of the Year Award. This award recognizes women who excel by promoting professional excellence for women, being an outstanding personal or business leader, promoting participation in MBN and participating in community, civic or other charitable organizations.



## Lois' Humor Quote Featured in 2009 Woman's Advantage Calendar

Lois' humor quote was selected by Mary Cantando from hundreds and hundreds of submissions to be featured in the 2009 Woman's Advantage Calendar. Mary is a nationally-recognized expert on women business owners. The calendar will provide advice for women business owners from influential women leaders across the US and Canada.



*"When life knocks you down,  
humor is the magic wand that  
cushions your fall, lifts you back up,  
and points you in a new direction."*

Lois McElravy



National Association of  
Professional Women  
ENDLESS OPPORTUNITIES

