



Lessons from LOIS

No one is immune from...

- ★ the pressures and demands of work and home
- ★ the unpredictable swift pace of life
- ★ the chance that their life could suddenly change
- ★ dealing with difficult people, or
- ★ turning "dead serious."

When unexpected trouble strikes, it doesn't matter...

- ★ how knowledgeable you are in your chosen profession
- ★ the educational degrees you have earned, nor
- ★ the experience you have acquired.

None of these things matter if you lack the ability...

to quickly calm down your nervous system and gain control of your emotions, so you can think clearly, problem solve, make good decisions and do your best job.



by Lois McElravy

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

406.251.2887 ★ www.lessonsfromlois.com





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

Motivational Humor from Lois McElravy



Lois McElravy works with organizations who want to learn how to use the **power of humor** and the **magic of laughter** to handle the demands and pressures of work and home, and be better equipped to:

- * maintain a flexible perspective
- * cope with stressful emotions
- * deal with difficult people
- * adjust to constant change
- * recover with resilience
- * discover creative solutions
- * produce positive outcomes
- * and have more fun.

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."*

The same principle holds true when trouble strikes at work or home. There is nothing funny about everyday disruptions, unexpected difficulties, uncontrollable influences or dealing with constant change. But there is plenty to laugh about, if you "develop your humor habit."

Lois' keynotes

entertain, inspire and stimulate audiences to examine their own response to challenge and adversity. Hilarious personal stories, "Lessons from Lois" contain life-changing insights, humor strategies and practical solutions to cope with the unpredictable swift pace of life. Her universal message renews hope and motivates others to commit do the small things so they can conquer their challenges one day at a time.

Hire Lois to:

- * Kick off your conference with a surprise or close with a punch.
- * Present humor workshops or change and adversity programs/trainings.
- * Provide luncheon and banquet keynotes or evening entertainment.
- * Revive your business or organization with personalized on-site programs.

Lois McElravy ★ 406.251.2887 ★ lessonsfromlois.com

"Lois, as time goes by I find myself using many of your statements to not let people or things get to me. Thanks for the speech."

Dave Kelly/ MT Dept of Transportation

"We were entertained, inspired and reminded of the power of humor during Lois' presentation at our annual banquet. Lois was absolutely wonderful and the feedback from attendees has been great. She truly made our banquet a delightful evening."

Laura Schreiber/Sidney Chamber of Commerce

"Lois made our Women's Expo. She brought laughter and a lot of thought to kick-off our fifth annual event. The audience laughed and cried as they took in her message of learning to deal with adversity. She showed how a very successful woman could be knocked down but not out - how to overcome and succeed no matter what life throws your way. It will be hard to find anyone with as much pizzazz, humor and personality."

Ruth Newman/Dickinson Press



"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 change. She stimulates audiences to examine their own response to challenge and adversity and shares strategies to cope and adapt to change.

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

Participants rave about Lois' three-step process which equips them to use the power of humor and the magic of laughter to take the sting out of disappointments, deal with difficult people, manage frustration, gain a new perspective, maintain a positive attitude, renew energies and have more fun.

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

Lois entertains and teaches with personal stories that reflect how she navigated through the unexpected difficulties with her disability and then her speaker business. Participants learn how to develop survival strategies, and acquire a thriver attitude, so they can transform troubles into triumphs.

Humor Workshops — *Develop Your Humor Habit*

Things don't always go as planned and life doesn't always make sense, which is why we need a well developed sense of humor. Participants learn how to use the power of humor and the magic of laughter to reset stressful emotions, build relationships, deal with the unpredictable swift pace of work and home, and have more fun. Choose from six different one hour workshops or combine two or three to create a training.

There's Nothing Funny About Managing the Emotional Side of Change — *Training*

None of us are immune from the chance that our life could suddenly change. Companies re-organize, jobs end, marriages fail, children grow up and leave home (and come back), friendships fade away, health deteriorates, death occurs, and accidents happen. A successful transition demands that we first manage the human emotions surrounding change.

ADD/ADHD Beast or Blessing? — *Training*

Participants cling to every word provided by Lois' unique perspective, gaining valuable insight and a better understanding of ADD/ADHD. They leave feeling hopeful, because they are equipped with knowledge and strategies that they can immediately apply to conquer their chaos.

Early Childhood Program - Adults gain a better understanding and learn how to help children develop systems and strategies to manage ADHD behaviors, so children can build positive self-esteem, develop healthy relationships, succeed and feel happy.



Louis 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)

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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).



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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.



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humor is the magic wand that
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National Association of
Professional Women
ENDLESS OPPORTUNITIES

