

# Professional Background

Motivational Speaker and Brain Injury Survivor/Expert

## Brain Injury Expert

- ★ eighteen years of personal experience living with a brain injury/happily married for 19 years/raised her children who were 5 and 7 at the time of her injury (They are now 24 and 26 and she has healthy relationships with them.)
- ★ sixteen years of observations from involvement in local brain injury support groups and attendance at the annual brain injury conference
- ★ seven years service as a Board Member for the Brain Injury Association of Montana
- ★ two years experience as a volunteer at CMC Bridges Brain Injury Rehabilitation
- ★ conversations and feedback from survivors, family members, care-givers and professionals, whom Lois met at state brain injury conferences as a speaker
- ★ guest speaker for 2 years on Roger Shelley's Brain Injury Self-Employment Tele-class
- ★ published articles about brain injury with Nebraska's Answers4Families.org
- ★ self-employed/disability services experience building her speaker business

## Speaker Experience

Lois was first successful as a speaker in cross-over markets — presenting her Character Keynote, Humor Workshops and programs on Adapting to Change and Overcoming Adversity to workplace markets and women's groups.

Once established that she was a speaker who had a brain injury, and not a survivor who just wanted to tell her story, Lois was regularly booked to speak at brain injury conferences.

Meeting Planners will tell you, "Lois' brain injury presentations are among the highest attended at their conference and receive high ratings from survivors, family members, care-givers, and professionals."

Attendees will tell you, "Lois has the rare ability to clearly articulate valuable insights about brain injury from a survivor's perspective. Her programs are fun, inspire hope, and contain life-changing content with many take-aways, suitable for a mixed audience."

## Survivor/Thriver Expert — Adapting to Change and Overcoming Adversity

Lois travels and speaks at conferences, passionately sharing her emotional journey of adjusting to a sudden life change caused by a brain injury. She shares life-changing insights and the lessons she has learned with survivors, family members, care-givers and professionals. Lois teaches humor strategies, and provides practical solutions to help survivors cope with frustration, adjust to their new reality, redefine their life purpose, and feel happy. Family members, care-givers and professionals gain a deeper understanding of living with brain injury. They learn valuable insights and strategies they can use to improve communication, build relationships, support and assist the survivor's recovery, and take care of themselves.

## Humor Expert

Lois' expertise in the field of humor stems largely from personal experience. Humor is the skill that she developed over the past eighteen years to adapt and cope with the challenges of living with a brain injury. Lois began studying humor three years ago, when she learned how prevalent and important a "healthy" sense of humor is among "survivors." Humor and laughter are powerful tools that can heal or harm. Participants learn a few simple guidelines that equip them to effectively use humor in sensitive situations. Survivors increase their self-acceptance and build healthy self-esteem when they learn how to laugh at their mishaps without making fun of who they are.



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

Lois McElravy ★ 406.251.2887 ★ lessonsfromlois.com

## Professional Speaker

2006 presented at 26 events

traveling outside Missoula 10 times (3 out of state)  
16 keynotes (featured speaker) plus  
23 additional trainings (10 humor workshops)

Brain Injury Conferences:

Wisconsin, Kalispell MT, Casper WY

2007 presented at 29 events

traveling outside Missoula 17 times (7 out of state)  
19 keynotes (featured speaker) plus  
25 additional trainings (9 humor workshops)

Brain Injury Conferences:

Nashville TN, Grand Island NE, Vail CO, plus  
HHSS conference in NE

In May of 2007 Lois was accepted as a member of National Speakers Association.

NSA requires a speaker to provide documentation of being paid to speak at 20 events in one year.

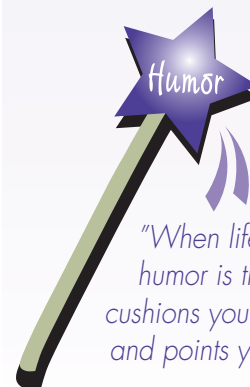
2008 presented at 23 events

Traveling outside Missoula 10 times (2 out of state)  
13 keynotes (featured speaker) plus  
21 additional trainings (11 humor workshops)

Brain Injury Conferences:

Bozeman, MT plus HHSS conference in NE

Lois' character keynote performance, "What do you do when life looks ugly?" is her most requested program at brain injury conferences. "The Ripple Effect of Brain Injury" is number two. Meeting planners frequently book Lois to present her character keynote to open a conference, and present additional break-out trainings on humor, or other brain injury topics.



"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

