



# SUSAN MEREDITH

MOMENTUM MAGNETISM VELOCITY ACCELERATION ENERGY DYNAMISM

Harnessing Mother Nature's Laws to™ Create Human Empowerment and Business Success.



"Extremely resourceful, dedicated and very professional... lots of creativity and ideas and a commitment to excellence"

- Frank Babel, Vice President of EDS

Susan's speeches and interactive workshops will open your eyes to an empowering new view of the world – a view grounded in science yet developed and applied to help businesses and individuals soar to excellence.

Through engaging stories and fun, every-day explanations of the laws of physics, Susan reveals the fascinating connections between Mother Nature and human nature, and how these parallels reveal – in one "a ha!" moment after another – why we get what we get, and how to get what we want.

## Most Requested Presentations\*

### Harnessing Mother Nature's Forces

How do forces add up to create results? How can you change a static and stuck situation to a dynamic and moving one? How are we motivated, and how can we motivate others? Susan illuminates how scientific principles such as inertia, momentum, magnetism and velocity impact entrepreneurship and project management in the areas of goal-setting, marketing and motivation.

### Gold Stars and Black Xs: The Power of Metrics

Susan takes what is usually a dry subject and turns it into a fascinating exploration of the fundamental tools of metrics. She addresses how we measure our lives and our work, how metrics can drive the behaviors we want, and how to avoid the pitfalls of measurement mania. She explains the four accepted families of measure, and introduces a fifth one, while she explores how metrics define and give meaning to our world.

### Energy Management

Billions of dollars are spent annually trying to resolve two common complaints. "I don't have enough time!" and "I'm really stressed!" Yet managing our time and managing our stress has not managed to solve the problem. Why? Because we're addressing the symptoms rather than the causes. What we need is Energy Management. Susan explains the distinctions in this powerful program.

## Testimonials:

"Those of us who attended are still talking about the issues raised."

- Karin Francis

The Association for Women in Insurance

"Your workshop gave me insights into the forces at work in my life, and how to make them work for me personally, as well as for my organization.

- Julieta Scalo

HR Director, Lifeworks

"Susan presents and performs at a level of professionalism that places her in high regard on our Application Team. We are honored to recommend her to others."

- William Grundstrom

Dell Computer Corporation

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Leadership Austin

## About Susan Meredith

Susan Meredith will entertain you with tales of a nine-year-old's business quest for a new bicycle, share her powerful insights from twenty years of studying Mother Nature's Laws, or outline the steps that have generated millions in savings for her corporate 500 clients.

She will share her corporate expertise gained at IBM, where she received awards for both technical and managerial excellence, and as a Six Sigma Master Instructor for Dell and Motorola University. She will share the entrepreneurial spirit that led her to found "Human Excellence," a training company specializing in the tools of personal and business success. She will share the insights from the research Think Tank she initiated with academicians and medical professionals which investigates the laws of stress. She will share the wisdom in her forthcoming books on Mother Nature's Laws of Business and Mother Nature's Laws of Stress.

As an engineer, entrepreneur and seasoned consultant to thousands of business decisionmakers in the U.S., Europe and Australia, Susan is a master at communicating the laws of Mother Nature in a way that brings them to life for both technical and non-technical audiences. Above all, Susan loves teaching people to ask questions they've never considered before – questions that ignite a new awareness of their role in the world and inspire them to reach for the best within themselves and others.

## About Mother Nature's Laws

Wouldn't it be strange to think that the laws of nature apply to everything in the universe – except us?

The truth is, the forces that make objects move, water flow, and the earth rotate are also operating in our thoughts, actions and relationships. By observing the amazing connections between Mother Nature and human nature, we begin to see, perhaps for the very first time, how the laws of nature shape our very existence.

This new paradigm empowers us to work with, rather than against, these forces to become more successful in literally every area of our lives.



## Clients Include:

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