



Dr. Darcy Lord, Ph.D.
Author, Speaker, Stress-Reduction Expert

Attention Meeting & Convention Planners

Bring the Best to your Next Event!

Dr. Darcy Lord – fun, energetic motivational speaker – brings...
~Stress Relief & Inspiration

The Ideal Professional Speaker & Trainer for your next conference or meeting!

Why Conference & Meeting Planners love to book Dr. Darcy Lord:

- She will help make your event a success.
- She has over 25 years' experience as a speaker, consultant and trainer.
- Always competent, professional and easy to work with Dr. Lord makes your job easier. Audience members will thank you for the great event.
- Dr. Lord's passionate, enthusiastic speaking style combined with her expertise has consistently made for successful, impactful events.
- She understands the need for timely, efficient interactions and communication prior to the event.
- More than a mechanical speaker, she has a way of connecting with her audiences to bring them fully into the program.
- Dr. Lord knows the importance of the business end and will work with you to ensure the event is successful. She provides quality materials (fliers, brochures, etc.) to help with marketing your event.
- Audiences love her!





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About Dr. Darcy Lord

Dr. Darcy Lord received her Ph.D. from The Ohio State University in Somatic Education which addresses the holistic nature of individuals and the mind-body-spirit connection. She has been a speaker, trainer, and consultant for over twenty-five years, guiding groups and individuals toward their own empowerment and well-being. Program topics have included:

I'd Be Fine if It Wasn't for You: What to Do When People Don't Behave!

5 Proven Strategies to Reduce Stress & Increase Happiness Now

The Unfortunate Art of Over-Care

30 Days to a Grander Version of Yourself

What Happiness Does to Your Brain & Why You Should Care

Secrets of Self-Care: Why & How?

The Surprising Power of Self-Compassion

Meditation: The Intelligent Choice for Balance & Well-Being

As a former dancer/choreographer her enthusiasm is contagious, as is her understanding that positive changes are not only possible but probable *once a clear intention is made*. Because of this and because of her competence and connection with audiences, Dr. Lord has been sought after and respected in corporate arenas such as government agencies, hospitals, businesses and universities, as well as in personal growth venues such as integrative wellness centers, spiritual communities and healing arts facilities.

In addition to working as a speaker and trainer for many groups, Dr. Lord taught at The Ohio State University, winning a prestigious award for teaching excellence; she worked as a counselor focusing on women's issues and the importance of self-love; she developed curriculum and was primary researcher for The Ohio State University's Complementary Health Initiative Pilot Project; she was the Director of an Integrative Healing Arts Center; and she is currently the Stress-Reduction Educator for Sarasota County Government – a 3,200+ employee public agency in southwest Florida.

Along with speaking and writing about stress-reduction, happiness, practical spirituality, and personal empowerment, some of Darcy's favorite things are spending time with her family and friends; meditating and playing in her own personal/spiritual growth; working out; dancing; and basking in the Gulf of Mexico!

Dr. Lord's vision is to experience her own joy and divine alignment enough to help uplift the consciousness of the planet as a best-selling author and speaker continually calling people back to their own highest good.



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Dr. Lord's Keynotes & Programs

I'd Be Fine if it Wasn't For You! What to Do When People Don't Behave

Does it ever feel like life would be easier if people would...behave? What happens to you – *and your physiology* – when they don't? What can you do to ensure your own well-being in the midst of their negative choices? In this light-hearted but practical program learn some intelligent tools and techniques to help find relief when others don't behave.

The Surprising Power of Self-Compassion

A new paradigm is emerging, stemming from the cutting-edge science of Self-Compassion, which indicates that it's possible to motivate ourselves with kindness rather than criticism; move through difficult emotions with greater ease and resiliency; and live more effectively and happily without the high levels of stress and burn-out so prevalent today. Participants will be introduced to the exciting research-based benefits of Self-Compassion and will be given Self-Compassion techniques to utilize in daily life.

The Unfortunate Art of Over-Care

Sometimes caring for others leaves us feeling filled up, energized and strong. Sometimes, however, it can lead to feeling depleted, exhausted, frustrated or even resentful. It is at these times that care has crossed into Over-Care. In this important program participants will learn about Over-Care and discover important concepts and techniques to guard against it. Use the techniques and become balanced, refocused and re-energized.

30 Days to a Grander Version of Yourself: The 30 Day Challenge

What if in 30 days you could be living a greater version of yourself? What if you took the effort to remember that your life matters and that you deserve to be happy and fulfilled? What would your life look like if that was true? This energizing program presents a simple 5-step process called "The 30-Day Challenge" that you can put into practice easily, effectively and immediately!





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More Keynotes & Programs

5 Proven Strategies to Reduce Stress & Increase Happiness Now!

In this program, based on a Harvard Medical School Special Report, audience members will learn specific techniques to increase well-being and create lasting stress-relief. As participants practice the tools taught in this program they will quickly increase their resiliency, life satisfaction and happiness. Techniques can be used immediately at work or home.

What Happiness Does to Your Brain & Why You Should Care

Did you know research shows that when the brain is primed to be positive, we test higher on all 15 different types of intelligence? And that recent discoveries in the field of positive psychology have shown that happiness actually fuels success? According to Harvard, "This discovery has been repeatedly borne out by rigorous research in psychology, neuroscience, management studies, and the bottom lines of organizations around the globe." Learn some of the surprising research that is changing the way we view positive emotions, and leave with practical principles to increase happiness and maximize potential.

Secrets of Self-Care: Why & How?

Why is it so much easier to take better care of others than ourselves? A study by the American Psychological Association (APA) concluded that the majority of Americans are living with moderate to high levels of stress daily, and "while we are aware of the problem we are stymied about how to change it." Clearly there is a need to learn how to put realistic self-care into practice. This program gives you the permission and 6 pragmatic tools to help you get started!

Meditation: The Intelligent Choice for Balance & Well-Being

In addition to cardiovascular and immune system benefits, research shows that meditation reduces stress, improves concentration, encourages a healthy lifestyle, increases happiness, and slows aging. Meditation also leads to having more energy, creativity and resiliency. Participants will (un)learn 2 common myths of meditation and then be introduced to 3 simple meditation techniques which can increase well-being and effectiveness in all areas of life.





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What You Can Expect for Your Audience

Your audience members will:

- Be challenged to take 100% responsibility for their life
- Lessen time spent in criticism or negativity and increase happiness
- Be inspired to reach toward their potential
- Increase their productivity, creativity and focus at work and home
- Know tools to increase resiliency and decrease stress in real time
- Be able to access expanded intelligence for challenging situations
- Be refueled, refocused and re-energized

Employers - would you like to:

- Lower individual and organizational stress levels?
- Increase employee engagement?
- Decrease costs associated with presenteeism?
- Increase work-life satisfaction?
- Increase employee creativity and focus?

My commitments as a professional:

- I will respect the importance of ROI/VOI as I deliver programs that benefit audience and stakeholders.
- I will always care about making a difference in the lives of your audience.
- I will consistently grow my expertise and always be a leading authority in the Stress-Reduction field.
- I will deliver a high-content message with specific action steps your audience can use right away.
- I will be the "realist" and most authentic speaker you have ever experienced.
- I will continue to utilize the same principles I teach so that my own happiness and well-being are contagious catalysts for all who hear me.



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Why Stress Reduction & Self-Care Topics?

Research shows that reducing stress not only reduces health care costs, but can also increase energy, focus, creativity, work/life satisfaction and a sense of well-being.

The Journal of the American Medical Association (JAMA) published a study which concluded, **“Workplace stress is as bad for your heart as smoking and high cholesterol.”**

JAMA. 2007; 298 (14): 1652-1660. Corine Aboa-Éboulé, MD, et.al.

In 2007 the American Psychological Association (APA) reported that **one-third of Americans are living with extreme stress** daily.

<https://www.apa.org/pubs/info/reports/2007-stress.doc>

In 2010 the APA reported that, **“The majority of Americans are living with moderate or high levels of stress, and while they understand that this is not healthy, they’re stymied in their efforts to make changes.”**

<http://www.apa.org/news/press/releases/stress/2010/national-report.pdf>

“It is well established that stress interferes with mental processes such as memory, concentration, judgments and decision making.”

Society for Neuroscience, 2008. L. Jones

Nearly **50% of Americans say they regularly lie awake at night because of stress** and are more stressed now than they were five years ago, according to the American Psychological Association.

<https://www.apa.org/news/press/releases/stress/2011/final-2011.pdf>

The Journal of the American Medical Association (JAMA) has confirmed the **link between stress and increased risk for heart attacks, depression and cancer** (2007, 298(14), p. 1685).

JAMA. 2007; 298 (14): 1685. Cohen, et. al.



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What People are Saying...

Darcy's programs get noticed. This is the kind of difference we like to make in people's lives – not only improve quality of life but probably save a great deal of time and expense with medical care.

Larry Lewellen, Associate Vice President, Ohio State University, Office of Human Resources, Columbus, Ohio

100% indicated you should be brought back in future years. Darcy, I could go on and on with the favorable comments we received with respect to your presentation but I think you get the gist - your program was absolutely outstanding and you deserve these accolades.

Tom Neal, President, Florida Public Personnel Association, Inc. (FPPA), Marco Island, FL

Dr. Lord is very inspiring. I feel like I really can make a change. I love her energy and positivity!

Virginia Szatkowski, Training Coordinator, Lawton, OK

And then there are a few of the rare speakers who can emotionally move an audience and leave a lasting impression. Dr. Lord's presentations do just that; she engages the audience, leaving them wanting more. Darcy Lord is a truly gifted speaker. She easily and effortlessly identifies with her audience and can get them to share her passion for the topic. She has changed many lives at Sarasota County Government with her speaking."

Angela Deem, RN, Manager Occupational Health & Wellness, Sarasota County Government, Employee Health & Benefits, Sarasota, FL

"Please bring Darcy back soon."

"That we all had buy-in to her presentation says something. We have not been hopeful about relief for some time. Thank you!"

"Dr. Lord brought a combination of being expert in the field and having a warm, positive attitude. A rare gift."

Children's Hospital NICU Nurses – from participant evaluations, Columbus, Ohio

Your joy is contagious! Thank you!! Your presentation is inspiring and empowering!!!

Ernie Cruz, Police Compliance Officer, Miami, FL

Very useful and practical information that can be applied anywhere! God bless you!

Merla B Molina, 911 Training Specialist, Fayetteville, NC

Darcy led much needed relaxation sessions for the staff, and conducted workshops for the research participants on Self-Care and Self-Esteem. What we most enjoyed was her positive attitude and wonderful communication skills as we counted on her to be support and motivation for both staff and research study participants.

Kim Toussant, Clinic Manager, Internal Medicine Supervisor, NIH funded Women's Health Initiative, Ohio State University, Columbus, Ohio

Feels good to know small steps can make a large difference in my life. It was amazing how the calm fell all over my mind and body just with the deep breathing!

Marcia Pendleton, Lead Communication Specialist, Eugene, OR



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More Feedback about Dr. Lord's Programs

"Excellent speaker and motivator. Course is life changing. Just keep offering this program and others with Dr. Darcy Lord."

"This was exactly what I had hoped it would be – life transforming!"

"Darcy is the Best. She makes a difference and is outstanding in connecting with everyone. Invaluable!"

"Dr. Lord is a life changing positive force!"

"Very empowering and refreshing!"

"This has been an amazing program. I recommend it to anyone trying to make positive changes in their lives."

Laura Trubac, Program Manager, Sarasota County Adult and Community Education Center – from participant evaluations, Sarasota, FL

Thank you again for your relaxing and very impactful presentation on Tuesday! We talked about it all the way back to Palm Bay and are trying to find ways to incorporate some of what we learned from you into our programs! You did make an impact!

Laura Clawson, Human Resource Analyst, City of Palm Bay, Florida

I'm already feeling more relaxed. Thanks for the tools and challenge!!

Colette Thibodeau, 911 Dispatcher, Palmer, Alaska

Dr. Lord's workshops and speaking programs were always popular not only because the contents were of great interest to the health and wellness of the university community, but also because Darcy became a sought after speaker. Participants would attempt to gain more than one opportunity to work with her. The consistently positive feedback Darcy received often marked her warm and open rapport, and her competence in the field. Of particular note is Dr. Lord's commitment to facilitating awareness and a greater sense of well-being, highlighting the importance of personal responsibility and self-care as necessary for overall wellness.

Marianne Robinson, Wellness Program Manager, The Ohio State University, Columbus, OH

"You have a way of connecting with everyone in the room, regardless of title or position. You kept us laughing *and* learning – thank you!"

"I want to let you know how very valuable this presentation was (and still is) for me. Darcy Lord is very wise and expert in her field. The value for me was the incredible stress management!!"

"Along with specific ways to lower stress, Darcy included important research findings in her presentation. She had us completely interested the whole time!"

Marianne Robinson, Program Manager – from participant evaluations, Columbus, OH

She is captivating and I am going to do this and succeed at it. Thanks for being here and teaching me this great 30-Day Challenge! Awesome and energetic!

Carla Milne, Dispatch Supervisor, Golden, Colorado

Dr. Darcy's class was fun and entertaining and made me smile!

Sherry Butler, Dyersburg, TN



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More Feedback...

I love your enthusiasm and your presentation. This was the best class I have taken while I've been at this conference. Thank you for taking time to inspire us to be great! I'm excited to e-mail you in 30 days with my success!

Danielle Barill, Dispatcher, Lawton, OK

I really liked how you specifically went through each step of the process, had us complete that step, then put it all together at the end. Great interaction with the class.

Jennifer Osborn, Supervisor & QA Specialist, Fayetteville, NC

Great presentation. It left me feeling empowered and more relaxed. I am looking forward to trying what I learned.

Craig Schietecatte, Fire Inspector, Orlando, FL

The presentation gave me a feeling of hope, and as a bonus I left feeling relaxed.

Cheryl Stubbe, 911 Shift Supervisor, Fargo, ND

Very enthusiastic speaker

Interactive session

Kelly White, Certified Training Officer, Hailey, ID

You were very helpful in showing me a different way of reducing stress and finding a way of making a change.

Kimberly Hooker, Sarasota, FL

Good presentation. As public safety for 13 years it is easy to get lost and forget who we are and what we need to do for ourselves.

Mike Petrilla, Capt. ECC, Manatee County Dept. Public Safety, Bradenton, FL 34207

I'm skeptical but looking forward to trying this and proving my "committee" wrong.

Karin Mracek, Communications Manager, Carson City, NV

This was such a great reminder of the Law of Attraction. Thank you for your passion and reminding me I can have what I want and deserve it!

Rebecca Shupe, CTO, Hailey, ID 83333

Great info. We lead stressful lives and a change in thoughts helps so much!

Michelle Porter, Professional Standards Commander, Georgetown, TX

Love your energy! Taking us through the process is fantastic! I'm very excited to try this process!

Frances Rossiter, Dispatcher, Santa Rosa, CA



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More Feedback...

You're happy and positive in your presentation. It really made me think about being happy and I don't know if I ever have been truly happy.

Priscilla Mallory, Communications Manager, Orlando, FL

YES, I am with you! I want whatever you're taking! You seem to be so happy and stress free.

Jennifer Henderson, Dispatcher III, Brandenton, FL

Your energy and asking and inviting us to play was awesome. I really needed this technique. Timing is everything. I had been trying to get this started and did not know how. Thank you!

Barb Williams, CTO Dispatcher, Hailey, ID

Wonderful energy in your presentation! It was easy to understand and the steps (instructions) are easy to implement.

Sheilagh O'Callaghan, EMDG (Goddess), Edmonton, Alberta, Canada

Very positive and engaging. Made sure we were following along and understanding everything before moving along.

Lynn Walker, Dispatcher, Sacramento, CA

Feeling inspired, thank you!! Another tool to work towards improving myself.

Sharon Koch, Calgary, Alberta, Canada

Even if I never use any of it again I felt better physically and emotionally than I have in a long time and that matters. I like specific techniques that can help reduce stress and allow me to be a better person, and Dr. Lord gave me that.

Rebecca Simpson, Communications Supervisor, Blaine County, ID

Energetic and motivating in self-help process. She showed concern on individual's improvement. Thank you.

Brenda Jojola, Public Safety Dispatcher, Ontario, Canada

Very energetic - you actually leave the presentation believing you CAN do this!

Shirley M.

Dr. Lord was SO passionate about the topic! It was impossible to not leave feeling better because she was so positive and convincing!

Sarah Mendonza, Dispatcher, Fort Collins, CO

You are very enthusiastic and positive.

Tina Mojzer, Dispatcher, EMD-Q, Vail, CO



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More Feedback...

Dr. Lord's presentation is very eye opening. The way she presents the information makes sense and has motivated me to do the "It"!

Deanna Storrs, 911 Telecommunicator, Pomeroy, Washington

Interactive and very engaging!

Rebecca Duryea, Dispatcher, Washington, NJ

Very interesting. Nice to walk away with specific tools to get to a greater version of myself.

Sandy Morris, Administrator, Des Moines, IA

Good energy. It was an easy, practical process to implement personal change right away.

No name please

The one hour session gave me a new outlook on ways to achieve my personal goal no matter if they are big or small. Thank you!

Erin Allwardt, 911 Dispatcher, Battle Creek, Michigan

Amazing energy! Goes well with new NENA standard for Dispatcher/Telecommunicator stress! This should make for some great training opportunities if this interests you!

Kelley Davidson, Communications Manager, Grove City, OH

I had doubts coming in but I'm so relaxed and hopeful now. Stay awesome!

Jaime Marple, 911 Shift Supervisor, Lawton, OK 73505

I enjoyed your enthusiasm and belief in our profession. Never quit on those characteristics that work!

LaVonne March, 911 Dispatcher

No name please, Homer, Michigan