



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

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 Jajola, 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