



**Maryanne Ross**  
CFPIM, CIRM, CSCP, CDDP

**MENTAL APPAREL**  
Seminars/Keynotes

### **Dress your mind for success**

Think of *Mental Apparel* as a "Dress for Success" program for your mind. Most Dress for Success programs guide you to choose a wardrobe and accessories to put your best foot forward and make the right impression. But you're still not ready to walk out the door.

### **Practical tools**

*Mental Apparel* gives tomorrow's leaders more than window dressing, more than a wardrobe consultation. It delivers practical tools to develop powerful thought patterns.

### **Thoughts and actions**

*Mental Apparel* encourages future leaders to develop the thoughts, values, and beliefs, which in turn drive the habits and actions necessary to achieve sustainable success!

### **Your life and your work**

If you're seeking to improve yourself, personally and professionally, consider Napoleon Hill in his masterwork, *Think and Grow Rich*: "**Whatever the mind can conceive and believe, it can achieve.**"

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**Maryanne shares her secrets and provides you with the tools you need to Dress Your Mind for Success**

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**MENTAL APPAREL FOR YOUR WORK**  
*Is your mind dressed for success?*

### **LEADERSHIP DEVELOPMENT**

#### **Journey to Success for Leaders**

These timeless best practices will work for anyone—from company president to future leader. Learn to change your thinking, take inspired action, and set goals to energize yourself and your team.

#### **Defining Your Dash**

It's easy to get caught up in external definitions of success, what someone else has defined as "a life well lived." This presentation encourages you to consider what gives *your* life meaning, joy, and fulfillment.

#### **Becoming a Champion of Change**

Change techniques often focus on quick response. But Lean initiatives train you to execute proactively. Develop your leadership skills to drive sustainable change within yourself and your organization.

#### **Personal Sustainability Planning**

Discover how to apply business best practices to achieve work/life balance so that you protect your health and relationships while achieving career success.

#### **How to Make Training FUN**

Discover how to use humor and hands-on exercises to engage all adult learning styles, and ensure that the intended learning has taken place.

### **OPERATIONS MANAGEMENT**

#### **Inventory Accuracy – Why Cycle Counting Doesn't Work**

Use interactive root-cause analysis to eliminate errors, for good!

#### **Warehousing Best Practices**

Learn from the best – productivity basics, space optimization, inventory accuracy, and lean principles.

#### **Best Practices for Successful Outsourcing**

Focus on the dos and don'ts of successful outsourcing while examining the effects of outsourcing on your supply chain partners..

#### **Applying 5-S in Any Workplace**

Get involved with this highly interactive workshop on 5-S implementation.

### **SALES AND MARKETING**

#### **The Care and Feeding of Happy Customers**

Are your customers happy? How do you know for sure? More importantly, how do you know that you're doing the things necessary to keep them coming back?

#### **Selling Ain't Telling**

Selling could be the second worst fear of most individuals. This workshop aims to dispel those fears. Learn to ask the right questions and work with your customer to create solid solutions to solve their biggest challenges and increase sales!

## **MENTAL APPAREL FOR YOUR LIFE** *What mindset are you wearing today?*

### **PERSONAL CHANGE MANAGEMENT**

#### **Leap Years**

Is the life you're living NOT the life you envisioned? This Baby Boomer's Guide, created by a Baby Boomer who has felt the same way, shows you how to LEAP into the best years of your life.

#### **Beating the Bad Economy Blues**

Tough economic times can be stressful. This presentation shares coping skills to improve your life, career, money, health, and relationships in any economy.

#### **The Happiness Generator**

Follow this powerful 7-step process to become happier quickly and remain happy for the rest of your life.

#### **Living the Law of Attraction**

Passion is the key to success. Are you following yours? Learn how to listen to your internal guidance system and attract the experiences and opportunities you want.

#### **How to Deal with Negative People**

Negative people are like human black holes – they come out of nowhere and steal your joy. Discover how to ward them off!

#### **Purpleocity**

We each have our own special talents. This interactive and motivational workshop will help you uncover and market your special talents.

### **MOTIVATIONAL PRESENTATIONS**

#### **Defining Your Dash**

One little dash represents what our lives will say about us after we're gone. Come examine how to put together a personal action plan that will enable you to create the dash you want people to remember!

#### **Giving or Getting?**

Why do we spend so much time and energy trying to get what we *think* we want? This workshop explores the importance of focusing on giving to others and thereby getting everything we truly want.

#### **Think NAKED!**

Relax! It's not what you think. This unique interactive workshop will motivate you to drop your Can'ts, loosen your Nots, and let go of your Buts. You'll learn to challenge the negative thoughts that are holding you back, and you'll develop goals, action plans, and accountability to create value for every aspect of your life.

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#### **Be the person you're destined to be**

More than wealth or happiness, Maryanne's workshops will help you build a mental wardrobe of traits that will enable you to become the person you are destined to be.

#### **Begin your journey**

It is often said that personal development is a life-long journey, not a destination. Are you ready to move to the next level—in your life, in your career? Isn't it time for your journey to begin?



### **MARYANNE ROSS** CFPIM, CIRM, CSCP, CDDP

Maryanne is a trainer, speaker, coach, and consultant, specializing in interactive adult education, with over 25 years of experience.

She is the owner of her own training company, Mental Apparel, LLC. She is a graduate and advocate of the Dale Carnegie Leadership Development course, and the Covey Speed of Trust program, and a certified facilitator of the Jack Canfield Success Principles. Maryanne has a broad training and development history with large corporations, small businesses, and non-profits. She has taught leadership, supply chain, and management classes, and has led team building and strategic planning retreats for such organizations as Exxon Mobil, DuPont, Volvo, GE, Astra Zeneca, Merck, Hershey, and many more.

Maryanne is adamant about creating an engaging and interactive environment which ensures that learning is both fun and informative, concentrating on activities that will appeal to all learning styles. She has a passion for developing other instructors, trainers, and consultants, and has developed numerous workshops and keynote addresses, which she has delivered around the world.

In her spare time, Maryanne enjoys spending time with her twin granddaughters. She is a Civil War buff and enjoys hiking, gardening, and bird-watching. She can be reached at [maryanneross36@gmail.com](mailto:maryanneross36@gmail.com) or 703-969-4295.

In addition to her live workshops, Maryanne shares her expertise via her monthly newsletter as well as these media:

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