



JAN DACRI, M.A.

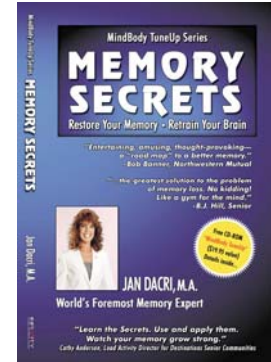
Memory Expert, Corporate Trainer,
Motivational Speaker for 30 Years

www.jandacri.com

"We can always count on you to steal the show!"
Erin Kelley, BOISE OFFICE SOLUTIONS

Jan Dacri is a gifted author, teacher, and motivator. Her award-winning Healthy Workplace Program, including "MindBody TuneUp Trainings," is a growing trend in business. Her wellness strategies increase productivity, reduce absenteeism, and elevate morale; especially popular during these stressful, changing times. She can teach anyone to improve their memory and become healthier with her entertaining techniques, insights, and remarkable style.

Her book, MEMORY SECRETS, and companion DVD are being enjoyed as a Memory TuneUp Program by companies, organizations, senior groups, and families around the country; exceptionally valuable for students of all ages and people in all walks of life.



Jan began her study and success using memory techniques while in high school. She received her Master's Degree in Education from Tufts University, Boston. Since 1977 she has been a corporate motivational speaker on this universally popular topic; and now, three decades later, is one of the most in-demand keynote presenters on three timely topics: memory, mind-body self-improvement, and the healthy workplace. Her corporate clients include 3M, Hilton, Wickes Lumber, Trane, Owens Corning, Kronos, Reebok; and organizations like AARP, YPO, IAAP and Chambers of Commerce around the country.

Never behind the podium, highly interactive audience participation is her signature style. Standing ovations, repeat invitations are the norm when Jan is the presenter.

Speaker Categories: Motivation; Wellness; Health; Fitness; Aging Issues; Memory Improvement; Peak Performance; Sales Success; Workforce Issues; Stress and Life Balance; Women's Issues; Menopause; Lifestyle; Authors & Writers; Future Trends.

Topics:

Memory

MindBody TuneUp

The Green & Healthy Workplace

Hormone Imbalance and the Havoc it can Cause

Special Interest Topic: Micro-electricity in Medicine. Since 1978 Jan has been the Trainer for advanced biomedical microcurrent instrumentation, instructing doctors and other medical professionals in the use of sophisticated, cutting-edge therapeutic technology.

Memory TuneUp

Absentminded? Forgetful? Senior Moments? Losing your keys making you worry about losing your mind? Get back to believing you have a great brain between your own two ears. Memory is a universal topic and Jan's popular presentation is a hit with groups from every industry. Informative, high energy, entertaining, and practical. Even the most conservative audiences participate enthusiastically. Dynamic Memory lecture includes amazing demonstrations, compelling exercises to strengthen the brain, an opportunity to learn how to "use it so you don't lose it." Jan's memory secrets and techniques improve concentration, sharpen recall; and motivate to apply the sure-fire method for remembering names. Great business applications; a real boost to self-confidence.

For sales meetings, this topic may be called: **Brain Sells; Improve Your Memory – Increase Your Sales**

Book and DVD by Jan Dacri: MEMORY SECRETS; Repair Your Memory – Retrain Your Brain

MindBody TuneUp

A two-part program includes lecture or Key Note Presentation plus morning or afternoon workout session. A great value, Jan Dacri is two presenters in one!

Part One: lecture presentation introduces "The 7 Essential Habits of Natural Health." Participants learn popular wellness strategies including better breathing habits, hydration, nutrition, secrets of successful mind and body exercise, stress relief/relaxation techniques, and the power of self-talk for success.

Part Two: morning and/or afternoon exercise sessions, popular at any meeting or convention, a well-attended spouse activity. This unique workout is a great way to start the day, or re-energize in the afternoon. Stretch, strengthen, balance, and tone your body; practice expansive breathing; relax your mind. Charge the batteries of your vehicle before the day begins; and/or re-charge in the afternoon to enjoy the evening's activities. Learn Jan's MindBody TuneUp routines to include in a personal exercise program, ones you will use forever.



CD-ROM: HEALTH SECRETS; The 7 Essential Habits of Natural Health

The Green & Healthy Workplace

In a healthy workplace, people can thrive, even when the circumstances are stressful. The trend towards providing wellness practices in the workplace is growing. Green awareness has spread to businesses everywhere; articles are appearing daily in publications across America. Jan Dacri presents award-winning methods for making the workplace better for everyone, outsmarting stress, boosting morale and improving productivity. Popular with Human Resources, this is an informative and entertaining session for every industry.

Winner 2005 "Psychologically Healthy Workplace Award" – American Psychological Association & Southern Nevada Human Resources

Hormone Imbalance and the Havoc it can Cause

Women going through menopause have quietly suffered with symptoms ranging from sweating to lack of energy and irrational emotional distress, depression and memory impairment due to serious sleep deprivation. Hormone imbalance can influence men physically and emotionally too. The impact on life that follows these symptoms can ruin health (appearance), relationships, work performance. Until recently, the solutions were dangerous and often deadly; while doing nothing was intolerable. Now, there is a healthy solution that restores hormonal balance naturally. Jan's excellent, informative presentation is based on extensive interviews with doctors and compounding pharmacists, providing participants with a safe way to help restore youthful physical vitality and mental/emotional clarity.

Micro-electricity in Medicine

The therapeutic applications of biofeedback-modulated microcurrent technology are a boon to human health. A new awareness of the micro-electrical properties of living tissue has produced nerve and muscle stimulation devices that can detect and eliminate painful blockages in the Nervous System and reduce muscle spasms, tightness, and tension. After an accident or injury, recovery is significantly faster. Doctors and physical therapists who sincerely seek an alternative solution to drugs and surgery, can offer non-invasive therapy that achieves remarkable results. When surgery is absolutely required, post-op recovery times are reduced by the ability of this unique equipment to boost and balance subtle bioenergetic properties. Jan delivers a fascinating, informative presentation, including scientific background, plus a live, hands-on demonstration of the equipment.