



Digital Press Kit & Fact Sheet



Mary Liz Murphy
Integrative Wellness Specialist



EXPERTISE

Mary Liz Murphy, Founder and President of LifeForce Solutions, offers insightful and expert dialogue on the following topics:

Personal Empowerment for Business and Personal Application

- Building Resilience: Tap Your Inner Resourcefulness
- Less Stress, More Success: Care For Your Number One Asset, YOU!
- Integrative Wellness: Key to Employee Engagement
- Your Inner Compass: How to Direct Your Life from the Inside Out
- Energetic Empowerment: Take Charge of What Drains and What Sustains You

Natural Health, Nutrition and Lifestyle

- Teach-to-Eat: Tips and Tools to Fuel Your Body for Life
- Sugar Blues: How to Tackle the Inner Cookie Monster
- Breakfast: Your First Power Tool
- Strengthen Your Immunity: Your Number One Defense
- Health for the Heart: Understanding Your Inner Rhythm

Women Only

- Mastering Midlife for Women: Five Facets to Healthy Self Empowerment
- Body Awareness/Self Awareness
- Fuel Your Body for Healthy Balance
- Think Anew, Growing Through Midlife
- Navigating Your Emotions Tides
- Balance Hormones Naturally
- The Wise Women: Self Empowerment Naturally

ABOUT MARY LIZ MURPHY

Mary Liz Murphy is a highly skilled Integrative Wellness Expert and founder of LifeForce Solutions, Inc. Her passion and business is dedicated to educating and empowering individuals and groups with clarity, tools and life skills that support their total wellbeing in both their personal and professional lives.

As a passionate and powerful speaker and seminar leader, she loves to engage her audience and help them shift their perception of themselves, allowing them to tap their inner wisdom and body intelligence. She empowers them to step up and discover who they really are. Her insight and skillful tools teach them the art of listening within so they can take better care of their health and wellbeing.

Mary Liz is accomplished as a personal coach, trainer, speaker and business consultant. She serves as Wellness Consultant with The Conference Board, preeminent business research organization, where she helps companies to resolve business issues that drive employee wellness.

Mary Liz has developed and facilitated a variety of innovative programs for busy professionals, growth minded consumers and businesses focused on topics such as: stress, personal empowerment, nutrition/lifestyle, women's health and holistic healing.



VENUES

The following are some of the venues at which Mary Liz has spoken and conducted her programs:

- The United Nations
- The Conference Board
- The Ayers Group Career Partners International
- The Woodhull Institute for Ethical Leadership
- Global Leadership Academy
- HLW International
- Unity Center of NYC
- Women's Community Services of Garden City, NY
- The Port Authority of New York
- The Service Institute
- The Meta Center of New York
- Sally Johnson Studio, New York
- Joyful Menopause Alliance

TESTIMONIALS

"LifeForce Solutions offers real and practical solutions to anyone interested in greater health and personal effectiveness."

-Arlene Bassett, Woodhull Institute for Ethical Leadership

"It was rejuvenating. The experience strengthened me. I am handling difficult conflicts better with more sensitivity to the other side. It is personally empowering."

-Juan Federer, Director of Center for War/Peace Studies, United Nations

"Mary Liz Murphy is a catalyst for positive change and growth with a gift of caring and insight."

-Claire Carter, President, Carter Communications

"Mary Liz uses easy techniques and specific steps to improve your daily health habits, which I rarely considered before. Something as simple as slowing down to chew my food has improved my digestion, ability to relax and sleep better. A small investment of my energy with a great return."