

# Leadership. Teamwork. Peak Performance.

## Mariah Burton Nelson

An outstanding (6'2") athlete and author who uses humor, humility, discipline, leadership, and other "athletic essentials" to help organizations achieve their business goals.

"Think of yourself as an athlete. I guarantee you it will change the way you walk, the way you work, and the decisions you make about leadership, teamwork, and success."

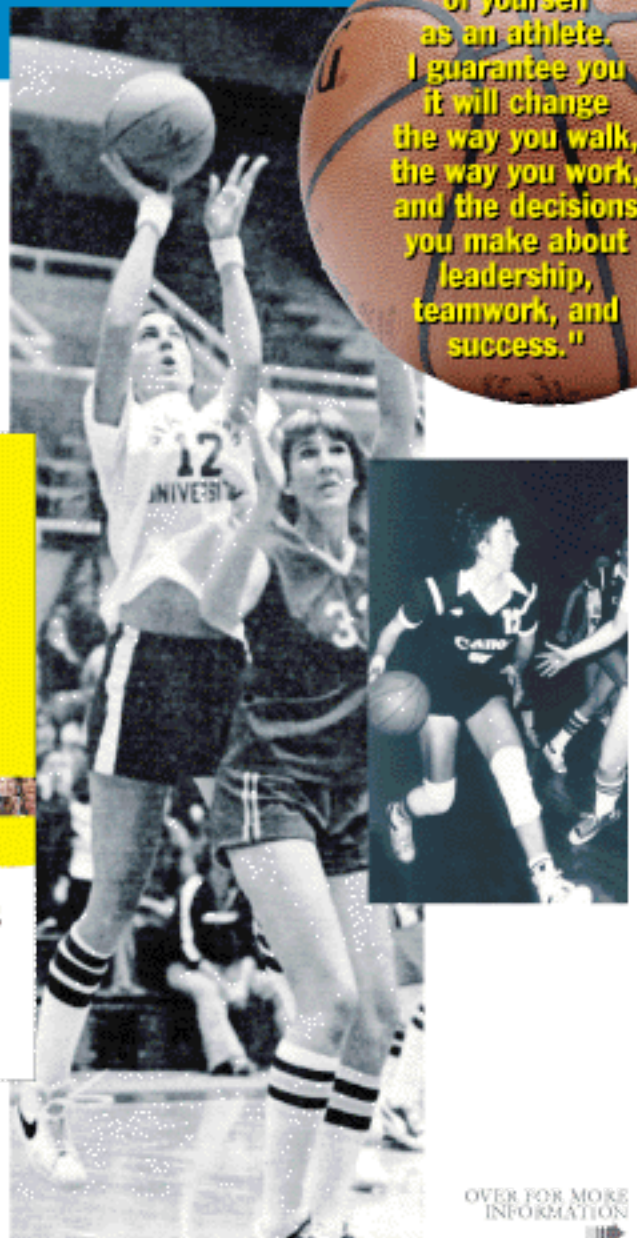


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# We Are All Athletes

Bringing **COURAGE, CONFIDENCE, and PEAK PERFORMANCE** into our **EVERYDAY LIVES**

By Mariah Burton Nelson



OVER FOR MORE INFORMATION

# Motivational life lessons from the playing fields for people who seek professional success

*"Mariah Burton Nelson owns the platform the way Michael Jordan owns the basketball court: with the same elegance, excellence, presence, and grace."*

*– Chris Clarke-Epstein  
Past-President, National Speakers Association*

*"After your keynote, almost everyone crowded into your breakout session, so we had to move you to a bigger room - and still had to bring in extra chairs. You were a huge success!"*

*– Trudy Gygi, IBM*

*"You arrived early, joined us for lunch, and chatted with many of the participants before and after your program. You interviewed some of our financial consultants and integrated their quotes and comments into your remarks. And as you could tell from the laughter and applause, your light-hearted Merrill Lynch poem was also a big hit!"*

*– Janette Acton, Merrill Lynch*



**Achievement  
Teambuilding  
Health  
Leadership  
Excellence  
Team Success  
Integrity  
Courage**

For bookings or information  
Call Mariah: 703/276-8323  
Info@MariahBurtonNelson.com  
www.MariahBurtonNelson.com

#### **A few recent clients:**

AARP  
Accenture  
American Organization of Nurse Executives  
Association of California Nurse Leaders  
Brim Healthcare  
Fairview Health Services  
General Services Administration  
Human Resources of Greater Detroit  
IBM  
Merrill Lynch  
National Association of Secondary School Principals  
Navy Occupational Safety and Health  
Pennsylvania State Association of Township Supervisors  
Physicians Mutual Insurance Company  
TRW  
US Census Bureau  
US Department of Justice  
VHA, Virginia Association of Marketing Educators

#### **Keynoter:**

for corporations and associations since 1987.

#### **Professional Athlete:**

Stanford University and the first women's pro basketball league

#### **Scholar:**

Masters in Public Health

#### **Author:**

5 books, including We Are All Athletes (2002)

#### **Journalist:**

Newsweek, the New York Times, the Washington Post, etc.

#### **Past president:**

National Speakers Association/Washington, D.C.

#### **Expert:**

Today, Good Morning America, Dateline, PrimeTime Live, Larry King Live, ESPN, HBO, etc.

#### **Practices what she preaches:**

golfer, swimmer, successful businesswoman.

