

## KEYNOTES BY RELATIONSHIP EXPERT AND AUTHOR MOREAH RAGUSA

All keynotes can be tailored to time allowances

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Moreah Ragusa, RFM, is a psychotherapist, registered family mediator, marriage and divorce counselor, corporate and life coach, and a popular speaker, seminar leader, and workshop facilitator. She is the author of four books and two workbooks on personal and spiritual transformation. Passionate about her deep understanding of spiritual truths and the human journey, she has appeared on numerous radio and television shows.



Moreah is a gifted presenter and dynamic speaker who delivers each keynote with spellbinding passion, conviction, and insight. She is recognized for her unique ability to bring clarity and understanding to complex interpersonal and relationship issues. Compellingly articulate, profoundly inspiring, and convincingly funny, she engages her audience at the level of the heart and soul as much as the mind.

Moreah's deep and clear connection with spirit enables her to tune in to any audience instantly and speak to that group's needs, questions, and concerns without prior preparation. "Spirit tells me what to say," she states with humble confidence.

Moreah does, however, offer a portfolio of keynotes on specific topics and issues. A selection is listed below.

### A COURSE IN MIRACLES KEYNOTES

A committed student and teacher of the internationally acclaimed spiritual text *A Course in Miracles* for more than 16 years, Moreah is recognized for her ability to illuminate and clarify its teachings. Moreah offers amazing insights into the Course perspective on relationships, prosperity, and physical and emotional healing.

Topics include:

- Creating miracles in your life;
- Transforming our "special" relationships into "holy" relationships;
- How denial of anger and hate contaminates family relationships;
- Why our level of joy is an indicator of daily spiritual practice;
- The Course's view on the decision to end a relationship;
- Divorcing with truth, love, and compassion—A Course in Miracles and the 12 Integrity Divorce Principles;

## KEYNOTES TO INSPIRE

### **The Inspired Organization: Engaging Spirit in the Workplace**

Breakthrough changes in communication technology are rapidly reinventing the way we live and work and breaking down the traditional separation between our professional and private lives. Now more than ever, we need a leadership approach in the workplace that appeals to the whole human being.

In this inspiring keynote, Moreah offers creative ideas and suggestions for incorporating a more soulful approach into the business environment. Questions such as how human needs can be more fully addressed and accommodated in the workplace are discussed and answered. What is it that team members want and need to feel valued and appreciated—the prerequisites for optimal productivity?

In any business or organization, people are the most valuable asset. What is required of business leaders and human resources professionals to protect and nurture this important resource?

Attracting and retaining skilled and motivated team members is one of the greatest challenges facing businesses in the 21<sup>st</sup> century. Taking a soulful approach to inspiring your team and engaging their creativity and commitment at the soul level will give your organization an unparalleled leading-edge advantage.

### **The Inspired Team: Enhancing Co-worker Relationships**

Today's fast-paced business environment demands optimal cooperation between team members, especially in times of stress. Nothing sabotages the success of a project and reduces the potential execution of a brilliant idea more than toxic relationships among co-workers. Emotions such as anger, fear, jealousy, and resentment, and the holding of grudges, are disruptive influences in the work environment and must be transformed to enable an organization to harness the collective team energy for more productive pursuits and the attainment of organizational objectives.

What causes relationships between co-workers to sour, and what is required to enhance interpersonal relations between team members at all levels to ensure smooth communications and optimal productivity?

In this empowering keynote, Moreah draws on her deep understanding of the human psyche and her many years of experience as a psychotherapist and relationship coach to introduce an interpersonal and organizational relationship template that will enhance mutual understanding, communication, and appreciation between team members.

### **Engaging Creative Passion: True Calling at Work**

Your team members are most productive when their work is aligned with their deepest passion and allows them to use skills and abilities with which they naturally identify. An effective organization helps its employees determine and pursue their true calling, recognizing that an inspired and fulfilled team member is a much greater asset within the organization than one who dislikes or feels indifferent about his or her work.

In this transformative keynote, Moreah offers practical tools and ideas to help team members at all levels of the organization discover their deepest passion and identify ways for engaging it to enhance and expand the current scope of their work. She introduces strategies for developing channels of communication through which team members can express their dreams and aspirations pertaining to their work and their calling. Moreah also presents effective techniques for empowering management and human resources professionals to support co-workers in their quest for aligning passion and work.

### **Life in Balance: Juggling Work and Personal Commitments**

Efforts to find a comfortable balance between business and personal life are a source of constant struggle for many people. Stepping out of the boardroom or executive suite at the end of the day and slipping back into the equally demanding yet completely different role of a spouse and/or parent can be a challenge, to say the least. How can you be successful in both roles and still stay sane?

In this enlightening keynote, Moreah introduces effective techniques for mastering these important aspects:

- How to be present to the needs of those you love and not put yourself and your own needs last.
- The importance of placing your top people (including you!) and highest priorities in first place.
- The importance of gracefully saying “No, thanks,” to invitations and opportunities you do not wish to pursue.
- How to identify priorities and ensure that you are doing what is truly most important to you.

### **You’re in Control: Turning Stress into Passion**

Most people don’t realize that stress is just another word for fear, and fear arises whenever we believe we have the potential of losing something or someone we value more than our inner peace. When we decide that we are most effective when we are at our best, stress is transformed into passion.

As long as we give all that we truly have to give, we can be stress-free and turn challenges into opportunities to be passionate about. In truth, we then have a value that is not assailable.

In this thought-provoking keynote, Moreah shares the thought processes that turn stress into passion through these important steps:

- Understanding the importance of evaluating your strengths regularly.
- Becoming skilled at deciphering what is most important to you in the face of pressing demands.
- Learning how to become present and deal with what is current, rather than what is a presumed fear.
- Trusting that every situation is an opportunity to respond to from the best within you.

### **Being the Change We Want to See in the World**

This powerful keynote leaves any audience feeling inspired and confident that they can be, or can implement, the change they desire to see in any arena of life, including government, education, industry, community, home, family, and the workplace. Sharing her own transformative journey

from despair to triumph, Moreah lays out effective pathways for awakening the self-confidence and mastery required to inspire long-lasting change and success.

Through the laws of energy dynamics, she demonstrates that every individual already has all that they need to accomplish any sincere desire or goal if they would only say yes to the challenges she calls “focused opportunities.” Acclaimed as one of Moreah’s most powerful keynotes, this presentation will leave you convinced that you, too, can be a conduit of transformation. You will discover:

- Why an emotional charge about a perceived injustice is a sign that we need to be a part of implementing a change;
- That when we say yes to a challenge, the whole intelligent universe responds to our decision, invoking unseen forces and synchronicities to support us;
- That real joy comes from using our talents in the service of others;
- That we each have a talent and an area of brilliance that are needed to support other people’s lives.

### **The Human Ability to Triumph**

In this inspiring keynote, Moreah tells the fascinating stories of her unconventional childhood and youth filled with uncertainty, trauma, and despair. Drawing from these stories, as well as from those of other people, she shares insights about how we as humans can survive extreme adversity when we choose life over giving up. Through a heart filled with inspiration, Moreah also recounts memory “snapshots” of her travels to Northern Uganda and Ethiopia, where she witnessed incredible courage, faith, and sheer determination in the eyes, hearts, and minds of the people in some of the poorest communities of these underdeveloped countries.

Moreah is convinced that the many challenges and adversities in her life and in the lives of those she has supported and coached were the catalyst that catapulted them into a mindset that says, “We can do anything!”

This deeply inspiring keynote will encourage you to “get out of the box,” break a few rules, be creative, and have some fun!

### **Tapping Your Creativity**

Feeling unfulfilled at home or at work is often a sign that we are not using, or do not feel permitted to use, our innate creative abilities. We are all naturally creative, and if we want to give and receive our best in all that we do, it is crucial for us to know what inspires us and why.

Creativity goes dormant when we do not give ourselves the permission to:

- Get out of the box with our thinking;
- Allow our imagination to wander beyond what is already known;
- Allow ourselves to be playful, childlike, and innocent;
- Suspend the ego messages that prevent us from connecting with what truly inspires us.

In this motivating keynote, Moreah reveals some quick and effective ways to help you identify your personal soul strength and to find creative avenues for expressing it, leaving both the people around you and yourself feeling inspired, valued, and consequently happier and more productive.

## **Creating Abundance and Prosperity**

We are all naturally abundant and coded for prosperity, yet many people find it difficult to manifest these qualities in their lives. When we understand the laws of Destiny, however, we are able to embrace our own abundance and work with these principles to manifest the wealth and prosperity that is naturally ours.

In this transformative keynote, Moreah shares how you can attain greater prosperity in your life by aligning with your Destiny and recognizing the enormous wealth that is already yours. You will learn how to:

- Practice the magic of alchemy—turn brass into gold;
- Recognize your future wealth plan and understand what can be increased or transformed;
- Discover why pursuing your life purpose ignites and attracts wealth.

## **Dealing with Difficult Relationships**

Although some relationships flow easily, others are often much more difficult to maintain. Some seem to be overshadowed by a pervasive feeling of hostility. Is there a “secret” to making a success out of every relationship in our lives, whether personal or professional?

In this eye-opening keynote, Moreah discusses the transforming principles that will help you turn every relationship into an enriching, satisfying experience. We live in a world of relationships, as we are always in relationship with everyone and everything around us: family members, parents, children, neighbors, and teachers. We also have a relationship with our food, money, cars, and homes—in fact, the list of relationships is endless. It is important, therefore, for us to identify ways in which we can make every relationship rewarding.

Discover how you can:

- Understand the other person’s values and desires and how they can help you achieve your own;
- Change your perception of a relationship by realizing that you are the decision-maker in your life and therefore decide how an event or situation is evaluated;
- Apply the principles of forgiveness towards yourself and others in recognizing and benefiting from the process of mirroring.

## **Tuning in to Intuition**

Intuition is everyone’s birthright and is increasingly viewed as an advantage and highly prized asset in the business community. Our intuition is the voice of fate, or destiny, both our own and those who are part of our lives, and when we consciously work with this gift, it can serve us in immeasurable ways.

In this enlightening keynote, Moreah shares how you can develop and strengthen your own intuitive sense so that it will:

- Inform you about major and minor decisions with the same ease;
- Point you in the direction that your future is destined;
- Alert you to opportunities so that they are not overlooked;
- Save you time and money;
- Protect your health and keep you safe from potentially difficult experiences;
- Provide insight into people’s character and their specific values.

Moreah is a sought-after intuitive psychotherapist whose psychic gifts have helped many to understand and work through difficult situations and relationships. Her intuitive skills have intrigued and amazed individuals in private settings and large audiences alike. Moreah has been featured on numerous TV and radio shows, including the Reality TV show "Hooked Up."

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