

DICK & MARY ELLEN STIEGLITZ

Tame Your Dragons & Invigorate Your Relationship

Based on Dick's book - "Taming The Dragons of Change"

10 Tips For Achieving Happiness and Success When Everything Around You Is Changing



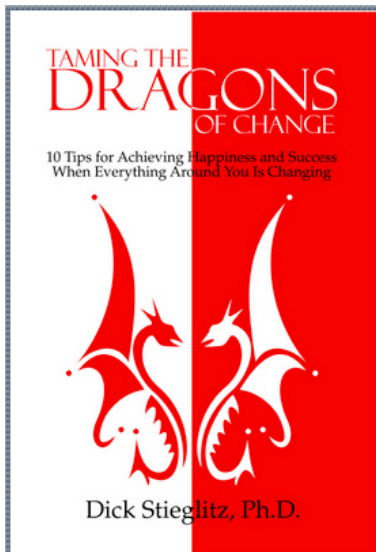
Dick and Mary Ellen Stieglitz were high school sweethearts. Imagine a red-headed Irish lass (Mary Ellen's maiden name was Quinn) in a relationship with a German engineer - those are major dragons! Dick's dragons and Mary Ellen's dragons have played together or fought each other through four years of dating and forty years of marriage. Taming the Dragons has enabled their marriage to survive two separations, and reach the joyful relationship they share today. Dick and Mary Ellen are from Potomac Maryland, and have two daughters and four grandsons.

Change has been Dick's career. After earning a Ph.D. in Nuclear Engineering from Rensselaer, he served ten years as a naval officer refueling nuclear submarines. He left the Navy in 1976 to take a job with a consulting firm in Washington. Dick later was Vice President of a software company, and Director of Defense Consulting for McDonnell Douglas. In 1984, Dick founded a consulting firm that helped government agencies change how they do business. In 2006 he sold

the company to his management team and equity investors. Dick is author of "Taming The Dragons of Change" which is based on his and Mary Ellen's professional and personal experiences with change.

After their two daughters started school, Mary Ellen earned a bachelors degree in English Literature from the College of Charleston, and used that degree to launch a career in computers. She and Dick briefly worked together at a small software company. Mary Ellen moved into sales where she was a 5-time achiever with Wang Laboratories, which allowed Dick to quit his job and start his own company. After a successful career in computer sales, she became the #1 saleswoman for Weekender Clothing, a multi-level marketing company. Mary Ellen often reminds Dick that he has only tamed his dragons, not slain them.

PRESENTATIONS or WORKSHOPS



•Tame Your Dragons and Invigorate Your Relationship is offered as a thirty to ninety minute presentation to audiences of any size. Dick and Mary Ellen connect with the audience by sharing humorous and poignant experiences from their 44 year relationship. Dick and Mary Ellen have dragons that sometimes play well together but, at other times, fight ferociously. The presentation describes how they tamed those dragons to survive two separations and achieve lasting happiness using the ten tips in Dick's book "Taming The Dragons Of Change." The presentation is entertaining, insightful and honest in addressing core issues that couples face in the changing world of the 21st century. During the presentation, the audience will laugh and cry, think and grow, as they are entertained and challenged to examine themselves and their relationship.

•Tame Your Dragons and Invigorate Your Relationship is also available as a two hour workshop for couples. During the interactive workshop, participating couples will be invited to discuss changes that are happening in their relationship on the day of the workshop. Dick and Mary Ellen will share experiences from their 44 year relationship and help participants apply the ten tips from "Taming The Dragons Of Change." The discussions will be open and honest, often hilarious and sometimes poignant, but always insightful and useful. The workshop will lead couples to discover effective ways to simultaneously savor the career success they have earned, and achieve lasting happiness in their relationship even as everything around them is changing.

Please Visit Our Website To View Video Clips From Recent Television Appearances

www.DragonsOfChange.com

Representation

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Publicity

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Program Descriptions

Tame Your Dragons and Invigorate Your Relationship

Format One: Stand-up presentation to audience of any size

Target Audience: Mixed gender. An ideal program for spousal gatherings at conferences.

Presenters: Dr. Richard G. Stieglitz (Dick) and Mary Ellen Stieglitz

Length: Thirty to ninety minutes

Presentation Summary: Dick and Mary Ellen connect with the audience by sharing humorous and poignant experiences from their 44 year relationship. Any relationship is the interaction of the two partner's dragons - their habitual reactions to unwanted or unexpected changes and events. Dick and Mary Ellen have dragons that sometimes play well together but, at other times, fight ferociously. The presentation describes how they tamed their dragons, survived two separations, and achieved lasting joy and happiness using the ten tips in Dick's book "*Taming The Dragons Of Change*." The presentation is insightful, honest and engaging in addressing issues that relationship partners face in the changing world of the twenty-first century.

Key Issue Addressed: How can hardworking men and women build a lasting relationship even as they wrestle the dragons of personal and professional change every day? Their jobs are changing. Their families and friends are changing. Change itself is changing faster than ever. Despite enjoying the highest standard of living in history, couples often feel burned by frustration, stress, and fear of what tomorrow might bring. Paradoxically, they have more and feel less satisfied. Since change is never-ending, they cannot slay the dragons of change. At best they can be aware of them, embrace them, and tame them to achieve the happiness and success they want in their lives.

Take Home Value: During the presentation, listeners will laugh and cry, think and grow, as they are entertained and challenged to examine themselves and their relationships. They will leave the presentation feeling uplifted and joyful, emotionally lighter than they were earlier in the day. And they will have learned several practical tips that will help them increase their career success and personal happiness.

Tame Your Dragons and Invigorate Your Relationship

Format Two: Workshop for five to twenty couples

Target Audience: Couples (married or not)

Workshop Facilitators: Dr. Richard G. Stieglitz (Dick) & Mary Ellen Stieglitz

Workshop Length: Roughly two hours

Workshop Summary: Workshop participants will be invited to discuss the most significant changes that are happening in their relationship on the day of workshop. Dick and Mary Ellen will share experiences from their 44 year relationship and help them apply the tips described in Dick's new book titled "*Taming The Dragons of Change*" - *10 Tips for Achieving Happiness & Success When Everything Around You Is Changing* to those changes. The ten tips are practical ways to think about change, to improve relationships, and to take action each day as we face a new set of changes. The workshop will lead participating couples to discover effective new possibilities for simultaneously savoring the career success they have earned, while achieving happiness and fulfillment in their relationship even as everything around them is changing.

Key Issue Addressed: Hardworking men and women wrestle the dragons of personal and professional change every day. Their jobs are changing. Their families and friends are changing. Change itself is changing faster than ever before. Despite enjoying the highest standard of living in history, couples sometimes feel burned by frustration, stress and fear of what tomorrow might bring. Paradoxically, they have more and feel less satisfied. Since change is never-ending, they cannot slay the dragons of change. At best they can be aware of them, embrace them, and tame them to achieve the happiness and success they want in their relationship.

Take Home Value: This interactive and entertaining workshop focuses on issues the relationship partners are experiencing at the time of the workshop. Each couple participating in the workshop will take home new perspectives and new techniques for dealing with the issues and challenges that their relationship is facing, and the pressures that the struggle for work-life balance places on their relationship.