

Speaking topics

Kay's seminars are designed to be entertaining as well as informative. Delivered with a combination of humor, real life stories, and breakthrough research, each session inspires the audience to embrace not just the possibility of aging well, but the probability of aging well – regardless of challenges.

Kay has a broad range of experience in senior wellness - from daily interaction as Director of MSU's Young at Heart exercise program for seniors, to serving as an international thought leader on several international boards and as Director of the Keiser Institute on Aging. This has given her a unique and valuable perspective on aging issues, and a gift for synthesizing complex research into practical *what-can-I-do-tomorrow* strategies and tools. Audience members will walk away from Kay's seminars realizing that - regardless of culture, regardless of challenges - age has less to do with who a person is and what they're capable of than almost any other single factor.

Call Kay today at (406) 587-0786 to discuss a customized seminar for your upcoming speaking event.

A few sample seminars

The Encore Approach: Creating a Culture of Well-being with Aging Parents

You've heard the stories, or are living it yourself – a loved one in crisis sends the family into a whirlwind of conflict and confusion. We want connection, independence and quality of life yet so often end up with fear, sadness, resentment and diminished hope. This seminar describes how to keep the demands of managing illness from becoming the dominant culture of care, and offers practical strategies and tools to create instead - *a culture of well-being*. Kay will offer a clear roadmap and simple tools to use today, tomorrow and next week to create connection, hope and joy in spite of challenges.

Aging – It's a Family Affair

This thought provoking seminar explores aging as a multi-generational, not a solitary, pursuit. We learn about aging through our parent's experience, and in turn our children learn about aging through our experiences. It starts with some simple tools to reveal what kinds of "aging stories" are playing in the minds of each family member. How are they the same? How are they different? Then it offers practical *Brilliant Aging* tools and strategies to help build a family culture of well-being; one that sustains a positive quality of life through health challenges and life transitions.

Great (or not) Expectations

Do you expect to be stronger and more agile 5 years from now than you are today? In the past 24 hours have you blamed age for physical or mental decline (i.e. I had a senior moment)?

This fun interactive session starts with an ageism questionnaire to discover what you're habitually thinking and saying about aging. Is it in line with what you hope will happen as you age; or have negative expectations hijacked your subconscious "aging story"? Do your best intentions for a healthy lifestyle *fizzle out* on the follow through? Learn a simple step by step plan to reframe beliefs and expectations about aging, and take action to live with vitality and purpose for your whole life.

Creating Your Personal Vitality Portfolio™

The Vitality Portfolio™ approach to optimal aging uses the familiar structure of a financial portfolio - making regular deposits, balancing your assets, and taking time for yearly reviews and adjustment to forge a plan for lifelong vitality. Learn what wellness “deposits” you absolutely must make in each of the 6 dimensions of wellness in order to age well, and what gives you the best possible chance of staying out of a nursing home forever. With practical tools and guidance you can create your personal Vitality Portfolio™.

Running with Scissors

A humorous but thought provoking look at why we often have great intentions for improving health, yet have a noticeable gap between intentions and actions. This session explores how media images, social programs, cultural myths, and personal experiences weave a subconscious aging story that impacts health beliefs, behaviors and outcomes. It also describes the top 3 things you absolutely must do to age with vitality and purpose for your full lifespan.

Audience Feedback:

"...excellent practical information presented with humor and insight."

"...Kay's real life stories illustrated important points in a way that made a lasting impression on me."

"...entertaining, informative...the best session I have attended by far!"

"...I'm so busy with work and family I forgot how important my personal health is - not only to me, but to my family thanks."

"....powerful speaker, very inspirational!"

"....great presentation, Wow!"

"....informative, very positive and uplifting!"

"....Kay was funny one minute, and then challenging the next. Lots of aha moments for me."

Kay is a frequent speaker at professional conferences. *Hot Link to speaking list.**

Sample Industry seminars

Creating a Culture of Well-being in Senior Living

Creating Purpose-driven Senior Living Communities

Whole Person Wellness Programs

Project MOVE: A Community-wide Initiative

Perceptions of Senior Living – Now and in the Future