

Graceful Resilience: Empowerment through Wellness



Mary McCarthy *Resilience & Grace*

More than training, education, or experience, our resilience determines success in all areas of life. When faced with challenge, ambiguity, and adversity, those who practice skills that focus and calm the mind and body are those who refuse to let fear hold them back from thriving.

Mary McCarthy is a leader in the wellness industry. Her area of expertise: increasing resilience through wellness. During Mary's presentations, prepare to experience a unique, integrative approach to optimizing health and satisfaction at work and in daily life. Mary deeply connects with participants as she shares evidence-based wellness strategies, powerful content with practical tips, and movement-based experiential exercises. All will be inspired, energized, and ready to fortify resilience with actionable strategies that can be integrated immediately and regularly for life-long wellness in all areas of life.

Resilience is not a personality trait or a genetic gift; it's a set of learned skills, beliefs, and behaviors that we can cultivate. It is the ability to overcome adversity and move forward. Learn how to reroute the need for control, release stress, and tap your innate ability to reset.

Contact Mary to create a perspective-shifting, resilience-boosting experience for your group.

Program Topics

Purposeful Resilience =
Balance & Wholeness

Mindfulness & Meditation

Healthy Aging with Grace

Expand Your Energy

Reduce & Release
(Stress & Anxiety)

Events

(Virtual or In-Person)

Corporate Trainings

Workshops

Retreats

Mindfulness & Movement
Breaks

Keynotes

Conferences



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Mary was a delight to work with as a conference breakout session presenter. Her topic “Resilience” was a perfect addition to our lineup of professional leadership development for women. The conference was virtual and Mary’s style, warmth, and expert knowledge resonated with our attendees—at a time that they most needed it! **Attendees voted her session #1 in a post-conference survey!**

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– *Bobbi Segura, Women Lead Change*

With degrees in Exercise Science and Health Education, Mary began her career as a wellness professional in Des Moines, Iowa. After completing a Masters degree in Public Health, she worked for 10 years at WesleyLife, an Iowa-wide retirement community, and pioneered a comprehensive wellness program for older adults. As Mary’s classes offered hope and created a paradigm shift, she began to witness people aging well.

In 2000, Mary launched *Yoga by Mary* with a single weekly class. Her passion for teaching yoga grew and in 2014, she left the corporate wellness field to focus her attention on building her rebranded business, *Resilience & Grace*. Mary currently teaches yoga classes, partners as a wellness coach, leads workshops and retreats, offers inspirational keynote addresses, writes a monthly blog, manages a YouTube channel, and produces an educational podcast. Mary’s contagious smile and laughter fill the room as she shares from her heart and invites you into the journey to your best self, living a life of Resilience and Grace.

 /MMRESILIENCEANDGRACE

 @MM_RESILIENCEANDGRACE

 MARY McCARTHY

 MARY McCARTHY YOGA

“RESILIENCE & GRACE” PODCAST AVAILABLE ON
APPLE PODCASTS, SPOTIFY, AND GOOGLE PODCASTS.

