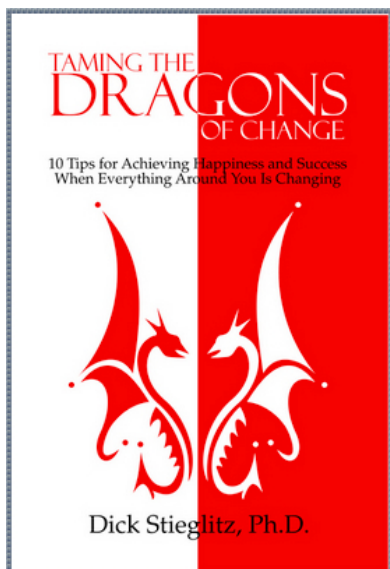


# Presentations & Workshops on RELATIONSHIPS



## Tame Your Dragons and Invigorate Your Relationship, ► Keynote Address

- How do you deal with issues and opportunities in your relationship?
- Do you have fun together and appreciate your differences?

Dick and Mary Ellen connect with the audience by sharing humorous and poignant experiences from their 44-year relationship. They tell how they tamed their dragons to survive two separations and achieve lasting happiness using the ten tips in Dick's book "**Taming The Dragons of Change.**" During this 45 to 90 minute presentation, the audience will laugh and cry as they are entertained and challenged to examine themselves and the challenges they face in the changing world of the 21<sup>st</sup> century.

## Tame Your Dragons and Invigorate Your Relationship ► Workshop

- How often do you *REALLY* talk as a couple and get into the issues?
- Do you trust each other completely when things change? If not, why?

During this 2-hour, 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 help participants apply the ten tips from "**Taming The Dragons of Change**" to those issues. The discussions will often be hilarious and sometimes serious, but always insightful and useful. The workshop will lead couples to simultaneously savor the success they have earned, and achieve lasting happiness in their relationship even as everything around them is changing.



## Dick & Mary Ellen Stieglitz *Tame Your Dragons and Invigorate Your Relationship*

Based on Dick's book titled  
**"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 relationship with a German engineer – those are some major dragons! Dick's dragons and Mary Ellen's dragons have played together or fought each other through four years of dating and over forty years of marriage. Taming their dragons has enabled their marriage to survive two separations and attain the joyful relationship they share today. Dick and Mary Ellen are from Potomac, Maryland; and they have two daughters and four grandsons.

Change has been Dick's career. He earned a PhD in Nuclear Engineering from Rensselaer, and served ten years in the U.S. Navy refueling nuclear submarines. After leaving the Navy, he was Vice President of a software company and Director of Defense Consulting in Washington for an aerospace company. In 1984, Dick founded his own company to help Federal agencies change their business practices. He sold his interest in that company, and currently is speaking and consulting with executives who are trying to make change work in complex business environments.

After her daughters started school, Mary Ellen earned a bachelors degree in English Literature from 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 Labs, 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 a multi-level marketing company. Mary Ellen often reminds Dick that he has just tamed his dragons, not slain them.

Visit Our Website To View  Video Clips From Recent Television Appearances  
**www.DragonsOfChange.com**

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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.