



# Alison Miller, Ph.D.

Find balance. Reduce stress. Love work.

We talk about it all the time, but how do we actually do it? Psychologist, speaker, and coach, Alison Miller, is an expert on stress reduction, creating work/life balance, and getting more satisfaction out of our work. She gives audiences the tools they need to live more fulfilling, balanced, and productive lives.

Bring Alison into your organization and you will receive a lively, thought provoking, highly engaging program that will leave your audience ready to take action.

## About Alison

Alison goes beyond inspiration...she motivates people to change their thoughts, outlook, and behavior. Her direct, no nonsense approach makes it easy for her audiences to learn new skills, identify barriers, and take action.

In addition to being a frequent speaker at conferences and corporate events, Alison regularly appears on FOX news in Chicago as an expert on stress, coping, and meeting life goals, and was a resident psychologist on the NBC daytime reality series Starting Over. She's been interviewed by Chicago's WGN radio and her work has been featured in the Chicago Tribune, Crain's Business, and Time Out magazine.

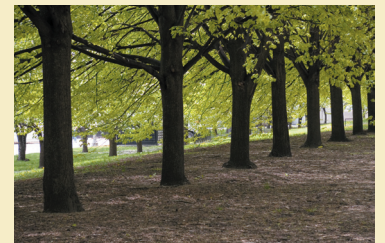
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Alison invested real time with our group to get to know our people, our culture and our environment. Few presenters do that and it really makes a difference—our attendees loved her presentation!

*Karen Lazowski, Director,  
Applebee's International*

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Alison earned her Ph.D. in clinical psychology from the University of Illinois at Chicago and her Bachelor's in psychology from Cornell University. She lives in Chicago with her husband and two children.





## Alison's Speaking Programs

Alison offers three key presentations to teach people to find balance, reduce stress, and love work. Hire Alison to lead one of these programs or create a unique presentation to meet the needs of your organization.

### Key Strategies for a Satisfying Career

A career is more than a job. Most of us want a career that will give us a sense of accomplishment and purpose—something that will add meaning to our lives. But we don't often have control over our ever-changing and demanding workplace, and this loss of control can make us feel unsatisfied with our careers. "Key Strategies for a Satisfying Career" teaches tangible strategies for gaining control over your work life and increasing your career satisfaction.

### Real Life Stress Management

Stress powerfully affects our lives. It takes its toll on our health, our psychological well-being, and our ability to effectively manage and succeed at work. "Real Life Stress Management" is a humorous, liberating, and practical program. It will help you identify the effects of stress in your life and give you the strategies you need to do something about it.

### Coping with Toxic People

Our relationships, when they're good, energize us and give us strength. But at some point in our lives, we all find ourselves faced with people who drain our energy. Whether they're in our personal lives or at work, Toxic People are more than just an annoyance. They're...toxic. "Coping with Toxic People" will help you identify and neutralize those relationships, and in the process, relieve yourself of the stress they cause.

## From Alison's Clients...

Alison delivers! When I hire Alison for professional retreats and seminars, I know that my clients will be enriched, challenged and moved to action—and that's good for my business.

Helen Nodland, Nodland Travel Enterprises

Alison connects with each member of the audience through her humor and real life examples. She takes complex biological and psychological processes and brings them down to a level so that everyone can not only understand, but can use the information to change their behavior and thought patterns.

Alyson Margulies, McDonald's Corporation

## Client List

Abbott Laboratories  
Accenture  
Applebee's International  
Darden Restaurants  
McDonald's Corporation  
McGladrey & Pullen  
National Assn. of Women in Construction  
Nodland Travel Enterprises  
University of California at Los Angeles  
University of Illinois at Chicago  
University of Texas  
Wendy's International  
Women's Food Service Forum