

## *The Transition Lady*

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As a passionate professional speaker, certified trainer, author, and coach, Maria D. Mullen has risen to fame by delivering a high-energy message which empowers people to move through change successfully. It is a message Maria has learned from her own life and one she is helping others apply to their lives.

One of Maria's most requested programs, "**Gracefully Handling Change**" has been presented to business groups and in personal development conferences both large and small. She gives a high-energy, interactive presentation using creative analogies and real examples from the audience to make it a memorable experience.

Each month Maria produces a free e-newsletter that she calls "**Motivating Moments**" which includes articles and resources that is fuel for the journey of life. She has received emails from her viewers expressing how her ordinary words have made an extraordinary impact in their lives.

In her career, Maria spent over a decade training individuals in software programs and human development courses for major corporations such as Coca-Cola Enterprises, American Cancer Society and others across the U.S. and Canada. She has a passion to see effective training programs that provide a true learning experience. After many years as a full time corporate trainer, Maria walked away from corporate as a full time employee and created **Clear Steps Group, Inc.** which provides training classes, course development and train-the-trainer programs. She also felt the need to bring together other people who are making an impact in helping people to transition through their lives, so she created the "**Global Transition Team**" which is growing and will soon provide programs, resources and tools for people across the globe.



Maria was also inspired to develop a women's conference entitled "**The Reinvention of Me**" which is geared to specifically empower women to take steps to reinvent their lives. Maria always says, "It's not about me, but it's about helping people to look past their obstacles and see the opportunities in front of them." She desires to see women uncover all their hidden potential to be the best in their homes, careers and lives.

Maria also began coaching individuals through their fears and challenges in order to accomplish business and personal goals. Her client base are both local and across the map including Dallas, SC and MA. She provides her clients with personal attention by focusing on their specific needs. She uses tools such as her interactive CD entitled "**Confronting & Conquering Your Life-Paralyzing Fears**" to create

success stories. She developed many of her systems from her own journey of overcoming shyness and fears in her life which led her to finally come from behind the desk and step onto the stage as a speaker, trainer and minister.

Maria has also been instrumental in inspiring people to grow spiritually through many of her Christian-based programs. She was asked to co-author "**Remarkable Women of Faith**" which highlights the stories of 12 women who used their faith to overcome obstacles. Her ministry is anointed and speaks to the hurting hearts and souls as she is led by the Spirit of God. She has spoken at many churches and youth groups and used her faith and the Word of God to be an effective minister.

### *Mastering Transitions—a Life-Long Process*

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Somehow through it all, Maria knew that she had the strength, determination, passion, and work ethic to build a successful life and help others too. Through each personal transition, **Maria realized she could do more than just make a living—she wanted to make a difference.** By pushing herself aside and focusing on providing concrete, realistic programs and products, she's continued to impact the lives of many people. This is one petite and powerful lady you won't forget!