



INTRODUCTION

We are delighted to have the opportunity to serve your establishment, school, or association with what we believe to be an extremely powerful work force, and personal development resource.

What To Do When People Get on Your Nerves, is an extremely unique, and effective presentation. It leaves its participants endowed with a perspective so fresh and persuasive that it can literally change lives.

Establishments, professionals, or individuals whose mission, or business consist of serving others with genuine care and concern, now have a resource that can touch, enhance and improve productivity within every area of life. As a result, the mental and emotional health of each workshop participant takes on a new attitude, while morale receives a much needed boost.

FreshView Books and Seminars is a trade name under the 501 (c) 3 nonprofit corporation; Songs with Meaning, Inc., (SwM). Currently all the proceeds from the use of our seminars, workshops and the sale of books go to support our organization's **Teens Express** youth arts and development program.

We sincerely hope to have the opportunity to provide your establishment with this extraordinary presentation.

Sincerely,

FreshView's Public Relations Office

FreshView Books & Seminars Presents



What To Do When People Get on Your Nerves

A Personal/Professional Growth & Development Seminar
For Those Who Give, Serve & Work From The Heart

Presented By
MoriEl Randolph

Based on the same title of her life-enriching book, MoriEl Randolph presents seminars and workshops developed to provide participants with effective approaches for tackling one of the most common of life's challenges. This workshop was developed especially for professional caregivers for youth, seniors, the disabled, or providers of other human services. These professionals, or any employee providing direct serves to the public, will experience a revived appreciation for the work they do, and the people they serve, as a result of this extraordinary event.

Whether dealing with clients, students, coworkers or family, this workshop will ignite the ability of its participants to live without the stress and drama often generated by difficult people, regardless of one's patience or tolerance level. MoriEl teaches participants how to transform a stressful, nerve-racking existence into a tranquil one.

In this workshop/seminar participants will learn:

- Seven rules for preventing others from getting on one's nerves.
- How to alleviate unnecessary stress, and agitation that can result from dealing with difficult people.
- The three mind-sets that determine how adversely others affect us.
- How to control the way we view, or are affected by others in general.
- How to maintain control within one's own life, in spite of the actions of others.
- How to make beneficial choices and decisions, regardless of how we feel.
- How to maintain genuine care for those cared for, despite their words, actions or attitudes.

About The Speaker

Author and Corporate Trainer, MoriEl Randolph is an expert on personal growth and development, and key speaker for the FreshView Seminar & Workshop Series. She provides online Consulting services for **AnswersOfInspiration.com**, and is the founder of the youth development and performing arts non-profit organization **TeensExpress**. Randolph has taught and served youth, families, faculty and staff for over a decade through various seminars, workshops, youth productions, and the written word.

PRESENTATION FEE SCHEDULE

The logo consists of the word "FRESH" in a serif font, with each letter stacked vertically. The letters are white and set against a dark green rectangular background.The logo consists of the word "VIEW" in a serif font, with each letter stacked vertically. The letters are white and set against a dark green rectangular background.

Length of Presentation	Standard Fee	Over 100 Participants	All Out of State Presentations
1 hour	\$350.00	\$550.00	\$750.00
2 hour	\$700.00	\$950.00	\$1,200.00
3 – 4 hour	\$1,000.00	\$1,200.00	\$1,500.00
8 hour	\$2,300.00	\$ 3,500.00	\$5,000.00

Full Service Presentation:

- Pre-seminar Questionnaire.
- Pre-seminar Research of Organization's Services & Challenges.
- Pre-seminar Interviews with Selected Staff Members.
- Undercover Review of Organization's Services to Client or Customer (*when applicable*).
- Development of Client's Custom Participant Handouts.

Additional Fee

\$750.00

Out of State Presentations

\$1,000.00

Deposits & Other Related Fees

Standard Required Deposit: \$250.00

Deposit for Full Service Presentation: \$500.00

Total Travel Cost For Out Of State Presentations: \$750.00

List of Other Services

- Consultant (online & off)
- Corporate Sales & Customer Service Trainer
- General & Keynote Speaker
- Christian Faith Based Inspirational Speaker
- Breakout Session Facilitator

MORIEL RANDOLPH

BIOGRAPHY



Born in Bethesda, Maryland, 1956 - Author, Entrepreneur, and Philosopher, Moriel Randolph is an expert on conflict management, and personal growth and development. She is the key speaker for the FreshView Seminar & Workshop Series. She also provides online peer counseling services at **AnswersOfInspiration.com**.

Randolph is Founder of the youth development and performing arts nonprofit organization Teens Express. With over a decade of experience as both public speaker and trainer, she has touched the lives and careers of thousands.

Her unique grounding and training has developed Randolph into one of the most original and invigorating speakers in the industry.

Her current publication titled **What To Do When People Get on Your Nerves** is a spirited, motivational guide, packed with practical advice and profound insights.

She is also the author of **Feelings Come & Go**, a powerful guide based on her successful community/corporate workshop of the same title, introduced in 1999. You can still find this guide online in paperback, and as an e-book at **www.freshviewbooks.com**.

Randolph has committed her life to teaching and inspiring true success and personal productivity for both individuals and professionals, and continues to do so by developing new training programs, seminars and publications, including her online Ezine, **Tips to Live By**.

With her fresh perspective and earnest approach to those issues that touch the core of our lives, Moriel lives to serve by the power and guidance of The ALMIGHTY through HIS Son The Christ.

Contact Info:

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PRESS RELEASE

Feature: Evergreen story:

What To Do When People Get On Your Nerves

It's simpler than you may think, there is a solution

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Most of us have experienced, at one time or another, aggravation or stress due to something or someone that we feel is “getting on our nerves,” but what exactly can we do about it, and how much of an affect does it literally have on our nervous systems?

“Though there are many books and other resources that teach us how to handle difficult people, developing one’s ability to maintain control within one’s own life, regardless of the negative or disruptive things people say or do, is the key, and it has little to do with those outside of us,” says MoriEl Randolph, author of *What To Do When People Get on Your Nerves*. “I don’t wish to make anyone a victim, which is what we can become whenever we make it all about the other person. Our ability to solve the problem becomes limited, and dependent on someone outside of ourselves whom we really have no control over.” Randolph teaches that there are two areas within our lives, when developed, that can place us in a position where it matters very little what negative things someone outside of ourselves may say or do.

Ask Randolph:

- 1) What are the 7 rules to prevent others from getting on one’s nerves?
- 2) How to alleviate unnecessary stress and agitation that can result from dealing with difficult people?
- 3) What are the three mind-sets that determine how adversely others affect us?
- 4) How to maintain a caring outlook toward others in spite of what they say, or how they act?
- 5) How to maintain control within one’s own life, and make beneficial choices regardless of how you feel, or the actions of others?

MoriEl Randolph is the author of **What To Do When People Get on Your Nerves** and Life Guide for Answersofinspiration.com. You can order her books at freshviewbooks.com. You can also sign up for her free **Tips 2 Live By** Ezine at tips2liveby.com



REFERENCES

Below you will find a list of just some of the organizations for which our speaker has presented workshops and seminars featuring the titles of both her published works, *Feelings Come & Go*, and *What To Do When People Get on Your Nerves*.

Non-profit Organizations

- 4 H
- New Beginnings
- Adelphi Langley Park Family Support Center
- Bureau of Rehabilitation
- Caroline Center
- Pressley Ridge
- Progressive Life Care
- Southern Area Youth Services
- The Fishing School
- The Foundation Intermediate School
- Training Source
- Edgewood Community Services (for profit community service)

Government or State Agencies

- Federal National Weather Service
- Montgomery County Public Schools
- Prince George’s County Public Schools
- Montgomery County’s Career Transition Center*
- Montgomery County Department of Recreation
- Prince George’s Department of Social Services
- Prince George’s Department of Family Services
- Maryland-National Capital Park & Planning Commission*

Conferences & Institutes

- Beacon Institute
- NAWDP Conference
- Human Services Coalition Annual Conference
- Coastal Community Action In-service Conference

Our Speaker has also been featured on various radio stations across the country including: **The John McMullen Show**, and **The Morning Live Show with Brian and Mari**.