

Achieve Your Goals Faster & Easier!



Five Simple Steps to Reduce Stress and Be More Positive and Focused

is a powerful, practical approach to success through a five-step system: **C**lean Out the Clutter, **R**aise Your Vibrations, **A**ffirm Success, **V**isualize and **E**xpress Thanks.

- Be more positive, focused and productive.
- Manage fear and stress during uncertain times.
- Develop leadership skills for greater impact.

"Wow! Tricia Molloy's uplifting CRAVE program is just what we needed to help us manage the challenges we face at work."
AT&T

"Tricia got our attention, made us think and, most importantly, inspired us to take action—one CRAVE step at a time."

Life University

"Tricia's powerful, practical advice for reducing stress and staying focused was refreshing and right on target."

IBM

"Tricia is so grounded and soothing; her talk was like a yoga session for the mind."

American Marketing Association

"If you want to have a wildly successful business or career, follow Tricia's wisdom for a huge return on your investment."

The Brain Trust



For more information and to schedule your program, call 770.565.1231 or email tricia@triciamolloy.com.



Tricia Molloy works with organizations that want their people to perform at their best every day. She is a professional speaker, trainer, mentor and the author of "Divine Wisdom at Work: 10 Universal Principles for Enlightened Entrepreneurs" and the "CRAVE Your Goals!" ebook.

With wit, warmth and wisdom, Tricia inspires people to achieve their professional and personal goals faster and easier by capitalizing on the power of their subconscious mind and life-changing principles.

Through talks, workshops and webinars, Tricia engages her audiences with real-world advice; enlightening anecdotes and interactive exercises. Participants gain a fresh perspective on work and life and begin implementing new strategies immediately.

Join organizations like Kimberly-Clark, UPS, Turner Broadcasting and the Project Management Institute and reap the benefits of this acclaimed program.

www.triciamolloy.com