

MARY ELIZABETH MURPHY, CPCC, ORSCC

Founder | Author | Professional Speaker

ABOUT MARY ELIZABETH

With nearly 30 years of experience working directly with clients, Mary Elizabeth is a reliable, results-driven expert in team dynamics, development, and cohesion. As CEO and owner of S.T.A.R. Resources and author of *RESET Your Buttons*, she has been teaching the skills to earn more, achieve more, and produce more since 1993. Enhancing interpersonal relationships and increasing effectiveness and productivity in the workplace is her passion.

Encouraging women in leadership in the workplace is another of her passions. The Small Business Administration awarded Mary Elizabeth the NC Women in Business Champion of the Year for her commitment to the advancement of women's business ownership. She was named one of Mecklenburg Times and North Carolina Lawyers Weekly 50 Most Influential Women and T+D Magazine named her one of six recipients of the prestigious Training's New Guard for her ability to inspire others with her passion, determination, and success.

TESTIMONIALS

Mary Elizabeth Murphy epitomizes professionalism and collaboration in every facet of her work. Over the years, I've had the privilege of witnessing her remarkable contributions firsthand, including her captivating presentations to our membership. Mary Elizabeth consistently garners enthusiastic applause from audiences, thanks to her meticulous preparation, keen understanding of the audience, and captivating delivery style. Without a doubt, she sets the standard for excellence and her ability to seamlessly connect with members is unparalleled. The fact that she leaves us eagerly anticipating her return to our stage speaks volumes about her impact.

- Rich Phaneuf, CEO & ED of Association Executives of North Carolina



SPEAKING & WORKSHOP TOPICS

- ✓ RESET Your Buttons and Create Relationships that Work
- ✓ Stop Reacting and Start Responding
- ✓ 3 Steps to Manage Expectations: Yours | Mine | Ours
- ✓ Self-Awareness Drive Action
- ✓ How Your Values Affect Your Results and Wellbeing
- ✓ Constructive Change: From Threat to Opportunity
- ✓ Choices and Accountability

CONTACT US

P: 980.297.1849

E: marye@starresources.net

LEARN MORE

starresources.net

resetyourbuttons.com

RESET YOUR BUTTONS