

Mary Anders-Segers BS; MSW

Christian Speaker, Author, and Coach



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Juggling work and home is a reality for the vast majority of women today. Because of that, Mary helps career women arrange the most important areas of their lives in ways that help them find more time than ever for their families.

Mary is an expert in helping people identify... and then get rid of... time-wasting behaviors in their lives and homes that can keep them from finding adequate time for God.

Having been a full-time employed single parent of 4 for more than 2 decades, Mary can show women how to best fit it all in while eradicating guilt.

She uses entertaining stories and anecdotes from her own life and... unfortunately for her children... from theirs.

Available for:

- *Keynote Speeches*
- *Work Shops*
 - *Half Day*
 - *Whole Day*
- *Breakout Sessions*
- *Personal & Group Coaching*

Focus: More Time for God

10 Secrets to Finding More Time for God... Starting Today

Do you want God to find time for you? Absolutely! Does God want you to find time for Him? Absolutely! This program will identify many of the problems that keep you from finding time for God but... even better... will help you eliminate those problems. You'll learn techniques you can put into practice today so that you can mature into the spiritual powerhouse you were designed to be.

Focus on Feeling Blessed Not Stressed: A Busy Woman's Guide to Home Time Management

How many times today have you focused on how stressed you were? Now, how many times today have you focused on how blessed you are? Since your behaviors are products of your thoughts it's important to focus on the right thing. This program is designed to help you create a less stressful life so that your focus can move from feeling stressed to feeling blessed.

A Career Mom's Guide to Juggling Home and Work

If you're like the vast majority of women you could make a few very simple adjustments in your life and create a home/work balance that would be enviable. This program highlights several especially problematic areas and walks you through general solutions for each. You will be empowered to create individualized solutions that will work with your home, your life, and your family.

Focus: Single Parenting

Your Survival Formula for Life as a Single Parent

There is a formula for living life to the fullest while being a successful working woman who juggles home, family, and work. This program breaks down this formula into easy to follow solutions for each area that proves problematic in the majority of single parents' lives. It will help you get a life-long success system set up based on your home, your life, and your family. Success can and will be yours.

Dealing with Guilt When You're a Single Parent

No matter how much you want to better yourself, guilt can ruin your enthusiasm... not to mention your success... in a job or educational endeavor. It has single-handedly derailed many single parents who would have been successful otherwise since they possessed the intelligence and drive. This program will show you how to easily get control over guilt so that you can pursue that career or higher educational goal.

How to Fit Being a Single Parent into Your Already Full Life

If you're a new single parent you likely feel like you'll never get a handle on things. You may even feel like you're in over your head. Fear not... women are surviving every day as single parents and you can too. This program walks you through the most problematic areas that single moms struggle with and gives you the tools to overcome each and every one of them. You'll leave knowing there's hope after all.