

Rhonda Hull, Ph.D.

Motivational Speaker and Author



Some of Dr. Hull's clients include:

- AT&T
- Chase Bank
- MGM
- Knott's Berry Farm
- IBM
- University of Utah
- California State Performing Arts
- Automobile Manufacturer Association
- Fred Pryor Seminars
- Government Service Agency
- Pacific Bell
- California Association of Transportation

Dr. Hull's presentation topics are not limited to:

- Stress Management
- Balance of Work & Home
- Change, Accountability, & Responsibility
- Personal Excellence and Self-Worth
- Communication, Leadership & Team Building
- The Benefits of Present Moment Living

Dr. Hull's material is adaptable to many formats, including:

- Keynotes
- Retreats
- Trainings
- Personal Mentoring
- In-Service Presentations
- Break-out Sessions
- Workshops

Dr. Hull is happy to tailor her presentations to meet the needs of each audience.



"Dr. Hull has it all—great information, an organized and well-executed delivery, charisma, an ability to read her audiences and a great sense of humor. From a clients perspective, I believe Rhonda is one of the best bargains in the business."

Richard Carlson, author of the #1 best selling book *Don't Sweat the Small Stuff...and it's all small stuff*

DRIVE YOURSELF HAPPY

Are you driven crazy, overwhelmed, and challenged by the accelerating changes in your world, with no end in sight, while happiness seems only a mirage? Does it feel too often like you are speeding out of control, with your pedal to the metal, running on fumes, and getting no where fast, out of balance with life a blur?

Now, before the head-on collision, is the best time for you, your corporation, or your organization to consider taking an alternate route, and learn how to DRIVE YOURSELF HAPPY™.

Let Dr. Rhonda Hull act as your driving instructor in a happiness refresher course. She will demonstrate that there are practical ways to choose a new direction, put spark back in your plugs, recharge your battery, and find the right gear to recapture the energy you need for a more meaningful, balanced, productive, and heart-felt life—both personally and professionally.

Dr. Rhonda Hull is a motivational speaker, and author of *Drive Yourself Happy* (published—February 2002). With a refreshing balance of lightheartedness and powerful insight, Dr. Hull offers identifiable reminders and new 'rules for the road,' to make the inevitable twists and turns in life a bit easier to maneuver. In her presentations she uses everyday road signs, motor-vational metaphors, and automobile analogies brought to life with interactive examples as the vehicle through which she shares her stress management and personal excellence concepts. Using an experience as familiar as being in a car, Rhonda makes strategies for handling change and stress accessible, understandable, and memorable, even to a devoted pedestrian. Her reviews consistently indicate that the impact of her message lasts long after her presentation is over.

For well over two decades Dr. Hull has served countless individuals of all ages and walks of life across the country, treating them to her contagious enthusiasm. She has presented for prominent corporations amidst the turmoil of restructuring and downsizing, for smaller organizations in need of an uplifting boost to their morale, and groups of individuals looking for clear directions to find passion, purpose, and durable happiness in an ever changing world stuck in the fast lane.

Announcing the publication of Dr. Rhonda Hull's new book...

Dr. Hull's Qualifications

Dr. Hull is uniquely qualified to demonstrate how to let go of stress and embrace the moment. She offers a unique blend of credentials, training and life experience. Dr. Hull has a doctorate in clinical psychology and a master's degree in education, as well as many other degrees, certifications, and credentials. She was personally trained by world-renowned stress management expert, Dr. Richard Carlson, Ph.D., author of *Don't Sweat the Small Stuff...and it's all small stuff*. Dr. Carlson remains a close colleague and enthusiastic supporter of Dr. Hull's work. Still, Rhonda believes she has learned her greatest lessons about happiness and genuine success by remaining fully open to living and learning from every day life and living in the present moment. Rhonda takes regular leaps of faith, travels lighthearted and takes the scenic route of life whenever possible.

What People Are Saying About Rhonda's Presentations:

"The power of your positive message was not only felt throughout the day of the retreat, but can still be felt in our office today. In our first staff meeting after the retreat, I felt a sizable difference in the energy between my staff. A meeting that used to feel like a dentist's office waiting room finally feels like a team pep talk before a big game...I cannot conceive of a company or group of people who would not benefit from an experience with you."

*Dea Shandera,
Senior Vice President, MGM*

"Your insightful comments, both relating to work and personal environment were right on target. I know the attendees were engaged by your personal attention, infectious enthusiasm and the polite attitude you projected. In fact, so much so, that they are re-energized to meet our challenges after being inspired by your presentation."

*Wally Kroll,
District Manager, AT&T*

"As I consider the trainers, authors, and subject matter experts I have worked with, I would consider Rhonda one of the true professionals. She has the flexibility to adapt to any situation, relate to any individual, as well as bring joy, laughter, meaning, and learning to the seminar room."

*Susan Enyeart,
Career Track/
Pryor Resources, Inc.*

"Thanks you so much for being such an inspiration to a group of people who are about to embark on a new chapter in their lives."

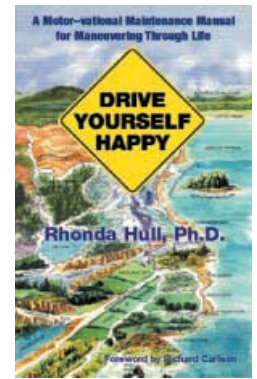
*Patricia Rosalbo,
Chase Bank*

And here's what the Chase Bank managers had to say...

"I for one found Rhonda to be very motivating; in many cases, it almost sounded like she was talking to me!"

"I thought she was great! She was uplifting and got the crowd motivated and hopeful for what the future may hold!"

"Rhonda's presentation at a tough time was inspirational, witty, and in touch with human emotions. It delivered a powerful message, not only for the workplace, but also for everyday life."



Key 'Rules for the Road' Of life...

Dr. Hull's presentations highlight that it's what's under the hood and in your heart that counts—personally and professionally. The three main keys that lead to durable happiness and genuine success are...

C = Choice

Recognizing that there is a choice point between being a victim of our circumstances and being happy regardless of our circumstances.

A = Accountability

Being accountable for having our words and actions match our values, allowing us to see mistakes as valuable opportunities to learn, and giving us a sense of purpose for applying what we learn with grace and compassion.

R = Responsibility

Responding to life, rather than reacting and acting with a greater consciousness and appreciation of the benefits of present moment living.

Endorsements for *DRIVE YOURSELF HAPPY*

"I think *DRIVE YOURSELF HAPPY* is intended to remind us that there are times in life when it is beneficial to slow down and enjoy the simplicities of the moment, as well as the complexities of the journey."

*Mario Andretti,
Formula One Championship
Race Car Driver*

"*DRIVE YOURSELF HAPPY* smoothes out the twists and turns of life and in relationships. Reading its simple wisdom with every day reminders makes the journey as valuable as the destination."

*John Gray,
author of Men Are from Mars,
Women are from Venus*

"The most important thing we can do is take responsibility for

our own happiness and learn to quit blaming others for our misery. This wonderful book assists the readers in doing this."

*Gerald Jampolsky,
author of Forgiveness, the
Greatest Healer of All*

"This book is a breath of fresh air. It speaks right to the heart of the matter: how to use every day life as a 'vehicle' to enrich your life. This is a fun, creative, and an extremely useful guide that will help keep things in perspective and keep us pointed toward happiness...It's a useful tool in your journey of life. Read it today, and before you know it, you'll be ready to *DRIVE YOURSELF HAPPY*."

*Richard Carlson, Ph.D.,
author of*

*Don't Sweat the Small
Stuff...and it's all small stuff*