

Mary I. Farr, BA, MAT

Teaches and Inspires, audiences to listen, grow, and celebrate large and small

Expertise In

Health, wellbeing, and being well

Inspiration

Loss and grief

Spiritual growth

Care for the Caregiver

Humor and healing

Fee Range: \$2,500-\$5,000 for large events involving travel; smaller events to be negotiated to accommodate individual organization needs and budgets

About Mary Farr

A longtime pediatric hospital chaplain, author, and health care marketing executive, Mary speaks from 30 years of experience at the bedside and on the frontlines of health care leadership. A graduate of the University of Wisconsin with a Bachelor of Arts degree, she completed divinity studies in the Episcopal Diocese of Eau Claire where she was ordained in 1983.

Mary earned a Master of Arts degree in Theology from St. Catherine University and completed post graduate training with: Poynter Institute of Journalism; Uniprise Leadership Academy (United Health Group); United and Children's Hospitals Minnesota medical ethics committees; Harvard School of Mind Body Medicine; Harvard School of Spirituality and Healing; Hospital-based Critical Incident Stress Management; Cultural Competency in the Health Care Setting; Daring Way™ Intensive.

Mary has authored five books highlighting wholehearted living. Her speaking engagements have included diverse groups including Hazelden Betty Ford Foundation, Twin Cities Parish Nurse Ministry, and Augsburg College Conference on Mind Body Medicine.

Career Speaking and Teaching for 30 years across a broad range of clients

Program Information based on “Wholehearted living in a Stressful World”

1. The Promise in Plan B

Format: 60 Minute Keynote

Audience:

- Health and wellness professionals and clients
- Grief and bereavement groups
- Individuals in major life transitions
- Retirees

Takeaways

- Recognizing one's capacity to heal and thrive
- Tools for discovering assets that support personal growth
- Guidelines for getting unstuck

2. Success an Inner Process Toward Worthy Goals

Format: 60-75 Minute Workshop or Breakout Session

Audience:

- Nurses experiencing burnout
- Physicians experiencing burnout
- Work teams experiencing burnout
- Individuals in personal and/or professional transition

Takeaways:

- An enlightened understanding of success
- Courage and tools for wholehearted living
- Methods for identifying and growing one's authentic self

3. Don't Postpone Joy, the Art of Self-Care

Format: 60- 90 Minute Workshop or Breakout Session

Audience:

- Health care leaders
- Nurse managers
- Hospice care professionals
- Long-term care professionals
- Grief and Loss groups

Takeaways:

- Tools for celebrating large and small
- Guidelines for forgiveness
- Tips for judging less
- A deeper understanding of the need to belong

Price negotiations can also include books for participants purchased at a 20 percent discount.

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Travels from Saint Paul, Minnesota