

Seeing ^{Real} **SUCCESS** with Dana Macc

Speaker • Coach • Educator • Yoga Instructor



See.
Think.
Be.

Dana Macc is an energetic speaker with over 20+ years of experience as an educator and a coach. She has a special way of connecting to people- she's always wearing that 1000-watt smile. Dana exudes a positive attitude and an animated style of delivery makes her audience laugh as she addresses important life issues. She has conducted workshops on mindfulness and meditation to combat stress and anxiety. As a result of working with Dana, individual's experience transformation in seeing, thinking and being that collectively leads to their higher performance and productivity as clients shift their perception.

Speaking Topics

Dana's talks **INSPIRE** her audience to have a **CLEAR VISION** about their own

- **SELF-WORTH**
- **SELF-AWARENESS**
- **SELF-DISCIPLINE**

Reminding everyone that what we say we are that is what we ultimately become.

Finding Success in the Mess: A Mindful Approach to Reorganizing Your Life

What would happen if we united our minds with our emotions to have a better quality of life? When our thoughts and actions are in disharmony we experience disarray and confusion in our lives especially in the choices we make. When there is inconsistency between our attitudes and behaviors, something must change to eliminate the dissonance. Dana will guide you through the process of how to restore balance and put new principles into practice for effective decision-making, and better habits based on our choices.

The I AM... of Seeing Real Success

Success is not an elusive entity beyond our reach. Real success is defined by our own values, principles and discipline to have wellness spiritually, emotionally, physically and financially that may or may not follow the conventional definition of success. Dana helps you picture the possibilities available when you use your imagination to dream and develop a vision and a practical plan of action to accomplish big goals that are fulfilling and satisfying that you can confidently say, I AM... Success.

Making Happiness an Adventure for Life

Happiness is an inside job. Then why do we look for it in external places in our pursuit of happiness. Myths and misconceptions about how to be happy abound. The "if, then" model for happiness is an endless list of conditions. Joy and happiness have no conditions- it is your true, natural mental state. Explore with Dana how to hustle for your happiness as she helps you answer the question: "What makes YOU happy?"

**Past
Clients
Include...**



We are in our purest form the definition of **SUCCESS**. By harnessing our minds inner potential to create in imaginative ways we become **UNSTOPPABLE FORCES**. - **Dana Macc**



Others Speak

"Dana is such a breath of fresh air she projects such positive energy that it is contagious. The way she engages will inspire you, motivate you give you that push to help you realize your true potential."

-Angel S. Business Owner

I live by one of her mottos "Success is the best revenge" when others doubted my vision that motto changed their perception of the way they think. I can honestly say Dana wants you to be the best version of you.

-Allen Holloway, Actor

Dana's ability to see eye to eye with many different people and personalities, while understanding their background and story, makes her versatile in her ability in being a leader.

-David Manikad, MBA



About Dana

Dana has earned a Master's Degree in education (with both a special education and a general education credential), launched her own inspiring t-shirt company, and is a certified yoga instructor with some influential trainers and leading yogi's in yogic science. She's created a mindfulness curriculum for schools, produced a meditation cd and is currently working on a children's book on inclusion and bullying. Your wellbeing is your wealth- and to be successful you have to have a positive mind for ideas to grow. She will be the first to say without a goal plan and a strategy to accomplish the goal, your desires are only dreams waiting for an intention.

As a personal coach Dana developed the See. Think. Be. Three Step Goal Method- a strategic plan to lead you to higher performance to achieve more success in your life. As a result, organizations and individuals have implemented this new shift as their guiding values: to align wellness with business and inner peace with innovation.

1 - See the Vision.

2 - Think Positively.

3 - Be Epic!

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