



## Empowering and Motivating You to Succeed!

### Peggy Collins' Profile

Travels from: Hendersonville, NC, US



*Peggy Collins* is a professional speaker, trainer and author.

Her book, *Help is Not a Four Letter Word; Why Doing It All is Doing You In*, published by McGraw Hill, has become her life mission: **changing the culture that says “asking for help is a weakness” to “asking for help is a strength”**.

Since 2008, she has been interviewed on 92 radio shows, 4 television shows, and her book subject has appeared in 18 magazines and publications including: *The New York Enterprise Report, The Huffington Report, Real Simple, Global Woman, and The Small Business Digest*.

Before setting up her own speaking and training business in 1993, Peggy had a highly successful career in sales and marketing where she was senior vice president for a large Dallas bank and holding company, president of a relocation company and owner of two small businesses.

Her cherished work with women has involved presentations at the Toyota Women's Conference, The PPAI Women's Leadership Summit, the Women's Leadership Conference, Spartanburg Regional Hospital's Annual Women's Conference, The Hendersonville and Brevard Women's Business Exchanges, The Federally Employed Women's Conference, IAAP Chapters in Dallas, TX and Hendersonville, NC, American Business Women's Association and many, many others.

Since 2004, Peggy has been a resident of Hendersonville, NC. She's a proud member of the National Speakers Association and has been designated by MPI (Meeting Professionals International) as a Platinum Speaker.

For Further Information or to Book  
CONTACT:

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<http://mgmspeakersbureau.com>

**Specialties:** Associations, Women's Organizations, Keynotes.

#### Topics Include:

***Help Is Not a Four-Letter Word: When Doing It All Is Doing You In (Based on Peggy's book by the same title)***

Just when you thought you had heard it all ... Peggy Collins reveals a newly identified self-defeating, self-sabotaging behavior – The Self-Sufficiency Syndrome. Many of us can't ask for help and as a result, do it all, all by ourselves, not willing to be vulnerable. As a result we get stuck in self-sufficiency! This keynote or workshop blows the whistle on behaviors that are keeping us from balance, life fulfillment, and success.

#### Points include:

- What is Self-Sufficiency Syndrome?
- What are the characteristics?
- What are the payoffs and the price tags?
- How is it defeating?
- What do we do about it? What are the solutions?
- The Call to Action

#### Participants will leave with:

- A clear understanding of the problem and its characteristics
- An understanding of where it came from and how it negatively affects us
- Many, many tips and tools to begin the process of change to achieve balance and fulfillment

#### Please Call for Fees

#### Testimonial:

“I felt like I was looking in a mirror.”

“This is life-changing!”

“It's like reading an autobiography!”

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