



Judy Martin  
Speaks



JudyMartinSpeaks.com  
WorkLifeMonitor.com

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## Judy Martin

### Communicating on Work/Life Culture

*"We gain our freedom when we attain our truest nature". Tagore*

We're living in a time of uncertainty, great transformation, and instant information. In the 24/7 high-tech global marketplace, our greatest daily challenge is navigating information while cultivating the resilience we need to succeed in a postmodern world. The working and living experience, separated for so long, have merged. We have become a Work/Life Nation. But we are much more than just human capital.

As part of an emerging culture of awareness that is reaching critical mass, we feel an urgent call to live and work from a deeper sense of alignment, meaning and purpose. It's challenging to stay grounded in the world, while living up to our highest potential in a competitive marketplace.

As a journalist, speaker and author, Judy Martin has dedicated her work to revealing what drives us toward integrating work as a fulfilling aspect of the human experience. She investigates and reports on the pioneers who are on the cutting-edge of Work/Life innovations, and the trends sweeping Work/Life culture. Then she shares those insights and inspirations with business audiences, entrepreneurs, and those interested in social and personal transformation across the globe.

The great philosopher Carl Jung once said, "What is not met by consciousness is met by fate." Judy invites you to join her on a journey to make Work/Life integration a positive, conscious journey of exploration, that will sustain us in a world—which transforms in an instant.



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## About Judy

Emmy-award winning broadcast journalist Judy Martin walks between two worlds. For two decades, she's been on the front lines covering social concerns, business news and Work/Life culture while emerging as a writer and speaker on personal transformation, social consciousness and the value of human capital. She is known as a trailblazing public speaker who melds human core values with the hardcore reality of business and the workplace.

Judy spent nearly four years as a New York City Correspondent for America Public Media's Marketplace Morning Report - covering business, corporate and workplace issues. At Marketplace she reported live from Ground Zero and the New York Stock Exchange the day it reopened after the events of 9/11. In those tenuous years, she also covered the upheaval in the corporate arena and the global markets.

In 2002, based on her personal experiences after 9/11, reporting by day and working with the children of the victims at night at the triage center at Pier 94 in New York City - she created her signature lecture series: PRACTICAL CHAOS®: Journeying Through the Four Gates of Success. On a personal note, Judy is a certified and active Hospice volunteer. As a student of Kundalini Meditation for more than 15 years, she uses meditation and breath work as tools in her workshops.

For the last decade, Judy has worked as an anchor/reporter at News 12 Long Island while reporting for national news organizations such as National Public Radio, The World Vision Report, and BBC Radio 3.

As a Work/Life expert she is a featured columnist at FindingWhatMatters.com – the women's career portal of former Trump Organization EVP Carolyn Kepcher, and at WomensEducationCenter.com. Judy has written for the national magazine Motto: Purpose, Passion and Profit, Balance Magazine of South Florida, wrote the monthly Work/Life Minute™ column for Canvas Magazine and is currently working on a book on Work/Life Culture in a 24/7 world.

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## About Judy

Judy's blog [Work/LifeMonitor.com](http://WorkLifeMonitor.com) covers employee and workplace issues, the impact of breaking news in business and on workplace policy, and success and serenity in a 24/7 world. Judy is the creator of the [Work/LifeMinute™](#), the [Work/Life Nation Podcasts](#) and [Work/Life Nation](#) – a radio series offered by Public Radio Exchange.

Prior to her work at News 12, Judy reported and anchored for PBS WLIW Channel 21, News Channel 55 and produced nationally syndicated segments on women's issues and medical breakthroughs for Ivanhoe Broadcast News. Judy sits on the board of the Source of Synergy Foundation which works toward raising social consciousness of global challenges.

Judy has been the recipient of numerous awards including: New York Emmy, Telly Award, Associated Press Club Award, National Press Foundation Economic Fellowship, Silver Angel Excellence in Media Award, and numerous Long Island Press Club Awards.



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## Press

Women that Win features Judy Martin



Four Steps towards Balance and  
Mental Clarity in Uncertain Times



Coalition For One Voice Launches in  
NYC



Global Leaders Retreat on Emerging  
Consciousness

**Source of  
Synergy  
Foundation**

Judy Martin at spirituality.com



Judy Martin in Rockland Magazine





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## Speaking History

Clients and organizations who have invited Judy to speak include:

- Right Management Inc.
- Motorola Corporation
- Daniel Gale Real Estate
- Barnes & Noble
- National Association of Mothers' Centers
- Orange & Rockland Utilities
- Images and Voices of Hope Media Conference
- International Women's Business Conference, Geneva, Switzerland
- Source & Synergy Foundation in association with The Chopra Center
- Long Island Center for Business and Professional Women
- Long Island Business News Women's Symposium
- Nassau County Coalition Against Domestic Violence
- Healthcare Public Relations Society of New York
- The Women's Wellness Society
- Religious Communicators Council of New York City
- The LifeWorks Center of Boca Raton
- Balance Magazine of South Florida
- The Long Island Women's Agenda
- New York Institute of Technology
- Parliament of the World's Religions
- White Plains Center for Compassion
- Brooklyn District Attorney's Office
- Women's Business Journal Executive Summit
- Long Island School's Public Relations Society
- International Association of Administrative Professionals
- Friends of the Institute for Noetic Sciences/ NYC Chapter
- Coalition for One Voice in NYC
- Women That Win
- I Am Bookstore - Huntington, NY



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## Testimonials

"Thank you for sharing Practical Chaos with the Motorola team. The participants found the topic extraordinarily relevant, thought-provoking and informative. Our members also felt that your style is genuine, warm and encouraging."

**Amy Tupler**

**Motorola, Inc. Site Leader,  
South Florida Chapter of the Women's Business Council**

"Using chaos theory as a metaphor for personal transformation, Judy Martin's PRACTICAL CHAOS® reveals a simple method to navigate the on the edge of escalating change, and make more conscious choices. With anecdotes from the newsroom and as a hospice volunteer, Judy Martin offers a thought provoking simple four-step method to conquer chaos in life and at work."

**Barbara Litrell Former President, WorkingWomanNetwork -  
Group Publisher, Working Woman and Working Mother  
magazines**

"In PRACTICAL CHAOS®, Judy Martin takes us on a fascinating journey of the invincible power of the human spirit to consume chaos with consciousness and resilience. During our experience working with the children of the victims of 9/11, we witnessed remarkable resolve in the midst of chaos. Judy demonstrates the essence of such experiences and life lessons with grace."

**Diane Williams Co-Founder and Chairperson Emeritus, NGO  
Committee on Spirituality, Values and Global Concerns (NY)  
at the United Nations.**

"In a world of turbulent change, Judy Martin's PRACTICAL CHAOS® offers an inspiring blueprint to morph the way we face and conquer chaos."

**Deepak Chopra**

**Best selling author of *Seven Spiritual Laws of Success and  
Peace is the Way***

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## Testimonials

"PRACTICAL CHAOS offers inspiration and insight into the resilience of the human spirit. Judy Martin draws from her experience as both a reporter and hospice caregiver to share powerful tools that can help us navigate through the daily stresses of living in a time of radical change."

**Marci Shimoff Co-author,  
*Chicken Soup for the Woman's Soul* and featured teacher in  
*The Secret***

"Judy has walked between the worlds of hard-nosed business, high-stress journalism, open-hearted volunteerism, and disciplined spirituality. She bridges all these worlds in a practical yet profound methodology called PRACTICAL CHAOS® that goes beyond stress management, beyond crisis management and into the realm of personal and societal transformation."

**Judi Neal, Ph.D. President & CEO, International Center for Spirit at Work; and author of *Edgewalkers: People and Organizations that Take Risks, Build Bridges, and Break New Ground***

"The more complex our world, the more chaotic our world. As a working journalist, Judy Martin knows that news gathering and news reporting is often no more than organizing chaos. Judy's book is the definitive guide to putting order back into our lives."

**Ted David, CNBC.**

"In today's high paced world the stress can become seemingly unbearable, causing feelings of panic and overwhelm. Judy Martin's "PRACTICAL CHAOS®: Reflections on Resilience" is the perfect resource to teach us how to successfully engage when the pressures of life threaten to close in around us."

**Life Coach Priscilla Palmer**

"Judy, You did an excellent job of kicking off our work / life conference. People loved the useful and creative ideas for re-energizing yourself during the day to keep the stress of work at bay. Attendees thoroughly enjoyed the presentation. You left them wanting more. Thank you so much for your valuable contribution to our conference."

**Catherine Wright National Association of Mothers' Centers (NAMC)**



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## Work/Life Nation Media

Work/Life Nation Media is championing a new emerging culture at work and in business by exalting the human experience. It is a multifaceted system of media programs, lectures, workshops, and products all designed to help people align their core human values with their life's work in a meaningful, conscious way. The integration of our daily existence and business life can no longer be ignored as we all try to thrive on the threshold of great change in the workplace, business and the social structure of our lives.

Our Work/Life Nation is thriving despite the challenges of a 24/7 high-tech global marketplace, the convergence of four generations in the workforce, and the coming brain drain in a tightening job market. Work/Life Nation offers tools and inspiration not only to companies but to individuals. To effect change on a grand scale, we must start from within. That means learning to better navigate sensory stimulation while cultivating resilience. This time calls for revitalizing, recharging and rewiring the way we do business in the emerging new marketplace.

### **The Work/Life Minute**

The Work/Life Minute with Emmy award-winning journalist Judy Martin explores the benefits of Work/Life integration, and working with meaning and purpose in a 24/7 world. Each episode profiles the companies which are on the cutting-edge of Work/Life initiatives, offers tools to help individuals attain better balance, provides career advice, presents business leadership principles, shares resources to help working moms and dads, and delivers ground-breaking business news.

### **Work/Life Nation Podcast**

In today's 24/7 global marketplace, a trend has emerged in our multi-generational Work/Life Nation - individuals want both success and serenity. Embracing work from a more human angle, many have a desire for change, but don't want to sacrifice the comfort and currency of a successful and productive work life. This compilation of Gen-X, Gen-Y and baby boomers are swapping lackluster jobs for more exciting and purposeful work. They are reinventing their careers, and kick-starting the next phase of their lives with passion and vigor; with an eye on their future and investments. The Work/Life Nation Podcast runs as a radio series on the Public Radio

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Exchange, which hosts and distributes the program to NPR stations. Formerly, the Work/Life Monitor Podcast, the program is also available on Judy's blog: [Work/Life Monitor.com](http://Work/Life Monitor.com)

### **Work/Life Monitor Blog**

In our Work/Life Nation, we deeply desire success and serenity in what often appears to be an elusive quest for Work/Life balance. Increasing productivity, profits and passion in the workplace and in business requires an in depth look at the world events, business news and social issues impacting our world. At [WorkLifeMonitor.com](http://WorkLifeMonitor.com) journalist/author/speaker Judy Martin communicates on the latest trends in Work/Life culture. With nearly two decades in broadcast news and years of volunteer service working with those living with life-challenging illnesses, Judy consciously and compassionately tackles the challenges of the human being in the workplace and business.

### **Work/Life Nation Newsletter**

Productivity vs. profits, the human condition vs. the almighty dollar. Just parts of the conundrum we face in a diverse and evolving Work/Life Nation. It demands high performance while keeping an eye on the bottom line and stakeholder's concerns. We're living in a time of new challenges which might dramatically change the way we live. The Work/Life Nation Newsletter delivers breaking news on the changing workforce and the latest techniques, trends and information to better integrate the Work/Life experience. The Work/Life Nation newsletter offers ideas, resources and practical wisdom to help you build a fulfilling Work/Life experience.



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## Keynotes & Workshops

After nearly two decades in the newsroom, Judy Martin knows a lot about chaos and cultivating resilience in a 24/7 high-tech global marketplace. Judy is a dynamic speaker who has been addressing audiences on managing crisis in the workplace, the delicate balance of Work/Life concerns, and living and working with purpose, for more than a decade. A vivid and impassioned storyteller, she is also known for lecturing on her experiences covering breaking news and its impact on a societal and personal level.

After the events of 9/11, her lectures took on a whole new meaning. A new method emerged to handle chaos more effectively and sensibly. Not by shutting down, but instead by cultivating awareness, compassion, and appropriate reaction in a moment of conflict. Judy also coaches entrepreneurs and company leaders to align their media message with their values. Her Media Manifestation program helps individuals get to the core of their mission and to articulate their message with passion.

Judy's workshops and keynotes fall into two categories. The descriptions can be modified to address your needs:

**PRACTICAL CHAOS®**: Focuses on personal transformation at work and in business. Change from the inside out fostering personal development, ultimately impacting productivity, passion and growth for individuals and within an organization. Topics include:

- ◆ PRACTICAL CHAOS®: Journeying Through the Four Gates of Success
- ◆ PRACTICAL CHAOS®: Work/Life Resilience in a 24/7 Global Marketplace
- ◆ PRACTICAL CHAOS®: Breaking the Mind with the Breath

**Work/Life Nation©** : Features content which focuses on aligning human values with sustainable workplace practices. Emphasis is on conscious collaborative working environments, Work/Life integration and balance, and employee engagement and productivity.

- ◆ Work/Life Nation©: Success and Serenity in a 24/7 World
- ◆ Work/Life Nation©: Cultivating a Competitive Edge in Business
- ◆ Work/Life Nation©: Thriving in a Potentially Toxic Working Environment



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## Media Manifestation Blueprint

In our 24/7 high-tech world, your message must be succinct to be heard, your words as an expert - laser sharp - to catch the attention of your clients and the media. Judy Martin offers one-on-one, media training intensives, based on her experience in TV, Radio, Print, and the Web which spans two decades.

### In Judy's one-on-one sessions you'll:

- ◆ Align your core values with your work.
- ◆ Enter the creative space necessary for your message to emerge.
- ◆ Be guided through various breathing and contemplative techniques to consciously communicate your expertise, and unique vision, with passion and purpose.
- ◆ Be given the tools to ignite, establish and sustain a media presence.

### The Deliverables:

- ◆ Learn the best way to position yourself for media interviews
- ◆ Create talking points to better demonstrate expertise in your field
- ◆ Refine your media interview skills to stay on message
- ◆ Design a media pitch blueprint to target Print, Radio, TV and Internet



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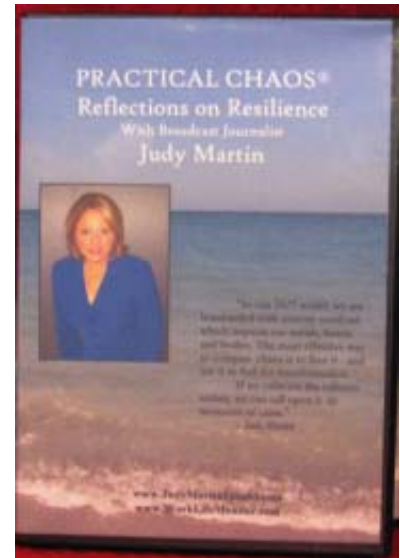
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## PRACTICAL CHAOS™ Reflections on Resilience CD

PRACTICAL CHAOS™: Reflections on Resilience is a four step method to conquer chaos and use it as fuel for transformation to be more efficient in life and at work. Success and serenity are not mutually exclusive even though our lives are impacted by the sensory overload we encounter every day in the media. Such a landscape requires fast-paced decision making, in the face of constant change.



After 20 years in broadcast news, volunteering with people in the last stages of life, and lots of soul searching; I discovered a way to tap my inner resilience. In fact, I found a practical way to do it that would allow me to cultivate a storehouse of stillness within, that's particularly helpful in business - especially during a crisis. As conscious human beings we generally rise to the occasion in a time of chaos. Sometimes we just need a little nudge to remember the brilliance of who we are, and the strength and fortitude that we possess.

In the aftermath of the 9/11 terror attacks, I learned how to handle the pain of the tragedy and sustain my career as a news reporter, without burning out. Reporting on a tragedy which hit so close to home was a daunting task. I had just started as a New York City Correspondent for American Public Media's Marketplace Morning Report. I thought I would shut down emotionally. But instead, I went to a profound place where I could get out of my own pain, even if only for a short period of time. It happened through serving those devastated by the tragedy, and utilizing this practical four-step method to conquer chaos and transform my perspective.

It's all about "consuming the chaos of the moment." For weeks after the 911 tragedy, using the concepts of PRACTICAL CHAOS®, I was able to help the children associated with the horrific 911 attacks, without totally burning out.