

MARY NICE

Speaker & Thought Leader Profile

Award-Winning Strategist
International Speaker
High-Performance Expert



FEATURED IN

ADWEEK BUSINESS INSIDER **TIME**

Organizations We've Served



SPEAKING & WORKSHOP TOPICS



Mary Nice's preparation leading up to her time with our team set the perfect tone. Her actual presentation was spot on. Her message came at just the right time, especially with our team coming out of dealing with a COVID world for nearly two years. Without question, our entire team of 15 loved Mary and are already implementing many of her key takeaways!

Kelly Miller | President & CEO
Visit Huntington Beach

Healthy High Performance

Learn the strategies and hacks for peak focus, productivity, and performance in ways that ADD to your happiness.

Well-Being & Mindset

Build your toolkit to gain clarity, manage your energy, build your boundaries, and prioritize your well-being.

Leading Today's Teams

Develop science-based approaches for building team resilience, trust, and connection across in-person, remote, or hybrid teams.

First-Time Managers

Build your leadership approach through research-backed principles of gaining influence and elevating your presence to effectively transition into leadership.

Marketing & Personal Branding

Unpack science-based marketing and personal branding strategies designed to drive awareness and build trust in today's information-saturated environment.

Redefining High Performance: Leveraging Science to Find the Intersection of High Performance and Happiness

Inside most of us is an innate desire to be our best. We want to focus harder, get more done, and be a high performer - both in life and in the workplace.

But in a culture that encourages faster, bigger, stronger, MORE, many of us high performers have found ourselves left wondering if high performance and happiness can coexist. We are often left thinking:

After I land this promotion, I can rest. After I buy that house, I can enjoy life.

But what if we actually reimaged what being a high performer meant?

In this captivating and actionable presentation, Mary teaches the audience how to bring together the science of peak performance and research-based strategies for happiness. With personal anecdotes from her leadership roles, including her time at the Walt Disney Company, Mary will help the audience realize that being a happy high performer is available to us NOW.

PROGRAM TAKEAWAYS



Understand how many of us have been conditioned to delay happiness in favor of high performance.



Why happiness and high performance isn't an either/or proposition.



Research-based strategies to become a **HAPPY** high performer.



How to reprogram and rediscover your joy without giving up your achievement-oriented heart.

5 Components of Human-Centered Leadership: Build Your Team's Connectivity, Resilience, and Fulfillment

While the pandemic exacerbated stress, worry, and sadness for some, these feelings are nothing new. Rates have been trending upward for American workers since 2009. In other ways, some felt an unusual sense of relief during the pandemic. They could work more on their terms, miss fewer important family milestones, or build new routines that worked better for them.

And now, with many teams returning back to the office, leaders are struggling to resurrect cultures that once thrived. And it's not working. So, how do we use THIS moment in time not to return to the ways things were but to reimagine ways of working together that encourage a resilient, fulfilled, and connected workforce?

In this presentation, Mary unpacks five aspects of connected and resilient teams that are especially important in this moment. This program is packed full of research-backed strategies and practical examples from organizations across the globe that are rising to the moment.

PROGRAM TAKEAWAYS



The 5 research-based strategies for building teams of connectivity and resilience.



Practical examples from organizations of all sizes and industries, specifically tailored to you.



Exercises to help the audience understand where they should focus first.

Testimonials

"After two years without an in-person conference, Mary's authentic presentation was exactly what we needed. She took the time to know Buckingham, and our colleagues still talk about her today! With events, flexibility is key, and Mary gets it. She is well-prepared, tech-savvy, on point with the message, and able to bring the fun. As a meeting planner, I would hire her knowing I will 100% get a positive outcome."

Becca Manalov, Vice President of Customer Experience,
Buckingham Companies

"Mary Nice gave a phenomenal presentation. She was fun and upbeat and kept the momentum up for the duration of her presentation."

Kinseth Hospitality Workshop Attendee

"...the quality of her thinking and her execution are top-notch. But, what truly sets her apart is her empathy. She has an innate understanding of organizational and small group psychology, and she uses those skills to connect with clients and teammates in an extraordinary way. I've been blessed to partner with many world-class business professionals, and Mary is absolutely one of my all-time favorites. If you have a chance to work with her in any context, DO IT!"

Jay Baer, New York Times Bestselling Author
and Hall of Fame Speaker

"Mary is simply one of the best in the industry, yet she makes her knowledge look organic and effortless. She is the true definition of partner, collaborator and leader - no matter the environment or obstacle."

Ashley Hunt, Global Director Digital Product, Juice Plus

About Mary Nice

Mary Nice is a highly sought-after international keynote and workshop speaker and a leading marketing strategist who has led digital marketing programs for prestigious international companies, including the Walt Disney Company, Unilever, Kraft Foods, and Kimberly Clark.

Before starting her own successful consulting practice, Mary had the coveted position of Digital Marketing Director at Walt Disney Parks and Resorts, where she led a range of innovative digital initiatives, including overseeing the Parks' digital marketing strategy, establishing the digital marketing analytics practice, and starting the first social media listening program for the Walt Disney Company.

Mary's career of building programs that motivated consumers naturally drifted to activating high performers and building team alignment as more and more clients began struggling with employee fulfillment and workplace retention. In her captivating, research-driven programs, Mary teaches individuals and organizations how developing the skills that sit at the intersection of high performance and happiness leads to more efficient, well-rounded, and thriving workplaces.

- Selected to be in the inaugural AdWeek Creator Network
- Former Walt Disney Company leader
- Featured in Business Insider, AdWeek, Social Pro's - #1 Social Media podcast



Social Media Links:

- [LinkedIn](#)
- [TikTok](#)
- [Instagram](#)

Contact:

Kim@marynice.com

