



YOUR PODCAST GUEST



Mj Callaway



The Change Your Mindset Podcast Host says..

I have interviewed 200+ guests over the 4+ years, and Mj is in the top 5 interviews that I have conducted. She has a compelling story about resilience, along with her positive attitude and healthy perspective on the subject had me laughing at times, tearing up at times, and being completely inspired by her story. I have shared her story with others because it is a powerful message. I highly recommend Mj as a guest on any podcast with leadership, resilience, and coping theme.

- Peter A. Margaritis, CSP



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Resilience Topics

- How to become more resilient
- Three steps to overcome adversity
- Flip-It Technique to convert negative self-chatter to positive talk
- How to recognize toxic people in your circle
- Resist the rescue: setting boundaries
- Thriving over breast cancer or domestic abuse
- Steps to reinvent yourself

Business + Sales Topics

- Bounce-Up Fearless: Keep your business afloat when everything goes wrong
- Set yourself up for success
- Create your business circle of influence to accelerate results, goals, and revenue
- Overcome a sales slump
- Engage your sales team to motivate them
- Selling in a COVID World
- Success: Power-Up, Play-Up and Bounce-Up

Sample Interview Questions + Points

What is the difference between bounce back and bounce-up?

Bounce back is like the inflatable punching bag that never moves. After a setback, you go right back to where you were. Bounce-Up is like the basketball rebounder who has control of the ball and the next play.

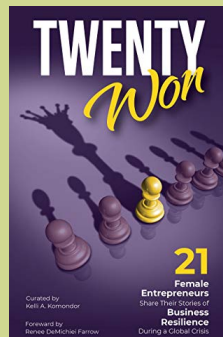
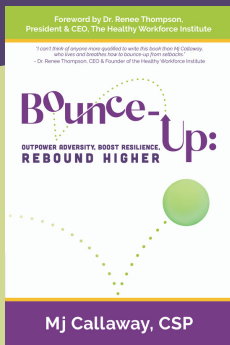
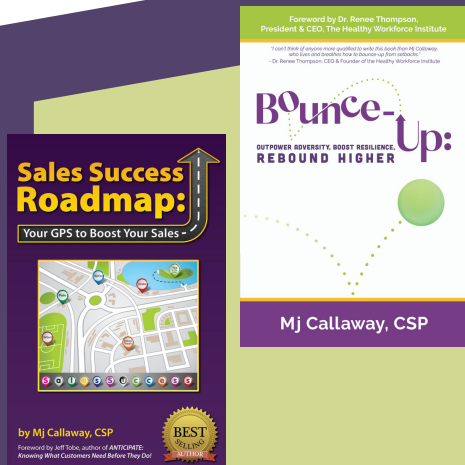
What's the reason you disagree with Jim Rohn's famous quote about being the average of the five people you spend the most time with?

Jim left us hanging. Mj offers 5 strategic types of people to build your circle of influence for professional development and business.

Learning from Smart People Host says...

"Mj Callaway's "Bounce-Up" concept provided my audience with a powerful message of positivity in the middle of a pandemic. She showed that adversity is not just something we go through and then return to our former self, it is opportunity for growth and to be stronger and better than you were before! Mj Callaway is an absolute professional and a pleasure to work with."

– Rob Oliver, Host, Learning from Smart People



For more info or to schedule Mj, contact her at 724-396-4162 or Mj@MjCallaway.com

» About Mj Callaway, CSP, CVP

Mj Callaway, author, resilience expert, and corporate results accelerator, is known for shifting staff attitudes and converting tactics into results. As a two-time cancer survivor, she shares her trademarked strategy-driven techniques with organizations so that they can boost employees' resilience, maximize team results, and increase revenue.

Mj's sales experience includes being the only female sales executive to be a top five producer of a national building company, selling three times her annual quota. Mj is a certified sales professional, and certified virtual presenter. Her newly-released book, ***Bounce-Up: Outpower Adversity, Boost Resilience, Rebound Higher***, has been endorsed by the CEO of the Healthy Workforce Institute.

Bounce-Up Studio

Mj joins you from her tiny Bounce-Up Studio with a professional setup. Her gear includes hard-wired, high-speed ethernet connection, as well as a professional background, lighting and microphones. She has back-up options, too.

You provide the link and she's ready to go.

Fun Facts

- Sold a children's game to Disney.
- Won 4 Gold Awards from PMA.
- Biked down a volcano in Hawaii, zip-lined over gators in Alabama, and played tug-a-war with a baby black bear in Michigan.
- Called the Party Expert on one of the first mom blogs called Club Mom a few moons ago.
- She is a coffee cafe fanatic from Pittsburgh, PA and loves all things purple.



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