

## MARGERY LEVEEN SHER

**Founder and Chief Noticing Officer of The Did Ya Notice? Project™ Speaker and Author.**

Margery is a speaker, writer, entrepreneur, and executive. She founded a consulting firm to assist corporations and government agencies with the development of family-friendly programs and policies –child care, elder care, telework, flex-time, etc. She successfully developed the firm for 15 years until it was acquired. She has also developed numerous non-profit organizations, and two charitable funds. In addition to her new book, she has a book and many articles on various aspects of work-life balance. She posts her weekly Noticings at [www.DidYaNotice.com](http://www.DidYaNotice.com), and she is also an established blogger for The Huffington Post. Margery holds a Master's Degree in Developmental Psychology from Rutgers University.

Margery is the author of the highly acclaimed book, *The Noticer's Guide to Living and Laughing*.

Margery defines "Noticing" as "mindfulness with a smile."

Margery's keynote talk to conferences and corporate meetings is entitled **"Notice What You See and Become a Hero at Work"**. While customizing each talk for the audience, she always teaches her audiences to Notice the three keys of success – zippers, broccoli, and "human idiosync-crazies™". These are concrete skills for leadership, communication, and teamwork.

Although both Margery's book and her motivational speaking have people "laughing until their cheeks hurt", research in academic journals as well as articles in the Harvard Business Review have discussed the empirical fact that Noticing makes people more focused, more alert and more productive.

### MARGERY'S KEYNOTES WILL RESULT IN

Increased Focus • Greater Productivity • Decreased Stress • Increased Teamwork and Communication • Increased Readiness to Laugh

## WHAT PEOPLE SAY ABOUT MARGERY'S PRESENTATION

*"I have worked with Margery in various capacities for over a decade and she still surprises me with her ability to see old issues through new lenses. Her clever combination of experience and insight always leaves her audience laughing and learning."*

– Jerry Croan, ICF International

*"Margery takes you on an entertaining journey with a fresh perspective on the meaning of success."*

– Helen Stine, Commander Navy Installations Command

*"You've taken the whole mindfulness movement (which to me sounds like a lot of work and time investment) and made it simple and easy for people to practice."*

– Kathleen C. D'Appolonia, banker

*"I have seen Margery connect with a wide range of audiences—from physicians to bankers; from elected officials to venture capitalists. She has an amazing sense of humor, openness, and ability to listen that makes her an ideal person to enter a new environment and immediately garner people's attention and add significant value."*

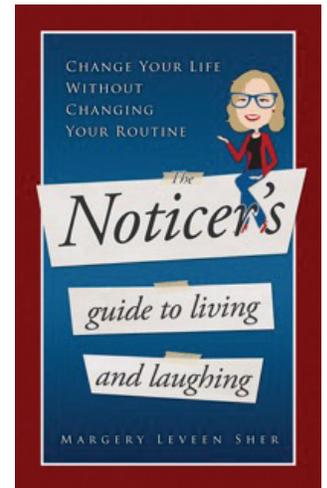
– Diane Naughton, Cavalier Films



# The Did Ya NOTICE? PROJECT

**The Noticer's Guide to Living and Laughing** is a five-star book on Amazon. Also available on Nook and iTunes.

Change your life without changing your routine! How? By Noticing what you see! And by being ready with an easy laugh. Life is Amazing. Life can be Annoying. And life is full of our Human Idiosyn-Crazies™! Do you know why you should be awestruck by broccoli? Do you know why you should love zippers? Do you know there is a lot of Totally DeTestable Technology™ out there? Do you know why our closets get filled with junk? Do you spit a lot? This book is filled with 97 "Noticings" (short essays), each followed by conversation-starters to have with your kids, your parents or grandparents, your spouse, or your coworkers. Noticing is mindfulness with a smile.



## REVIEWS

“ Margery Leveen Sher has a quirky, yet wise way of looking at the world and all the “ordinary” things, events and people that she comes in contact with, every day. There is a lot of depth in her thoughts and words, in spite of the lighthearted and often LOL funny tone, throughout this book.”

“ Margery Leveen Sher has done something so incredible with her “Noticer’s Guide To Living and Laughing” that the significance is easy to miss. She has managed to tackle a very complex mental endeavor - mindfulness - and deconstruct in such a way that without lecture, meditation, or tedious practice the reader just does it, becomes more mindful with everything s/he takes a split second to notice. As for the fractals that determine the patterns in broccoli, ferns, clouds and lots of other things that surround us - Sher is moving us (ever so gently and cleverly!) into the domain of quantum principles, which can’t be observed directly but have everything to do with how the universe is organized.”

“ This little book is funny and easy to read, but it packs a punch. Each “noticing” is clever and breezy, but it is the “Conversation Starters” that follow each one that really hooked me. I have shared them with my mom (who is 87), my business colleagues, and my thirty-something kids, and I want to try them out with my grandkids. I have picked this book up, and put it down, but I keep coming back to it. It makes me laugh; it makes me think; and it makes every day a little more interesting than it was before. How often does THAT happen?”

“ Curiosity! Playfulness! Intelligence in touch with the real world! This is the structure Margery Leveen Sher uses to teach her readers about an ancient mindset that intensifies one’s life: mindfulness. This entertaining book will give the reader a whole new perspective on almost everything. It even supplies practical ways to use one’s Noticing to interact with children, the elderly, one’s family, friends, and co-workers. It is divided into small chunks of reading, which I loved because I could read and digest it slowly, savoring each piece. It is deceptively simple because in its friendly speaking-prose are hidden profound truths. I heartily recommend this book for virtually any audience, any stage of life.”

