

Scott's remarkable success in losing and maintaining 70 pounds, while going through one of the most tumultuous years of his life is an inspirational story unto itself. However, his talks are NOT about weight loss and diet. (Although his expertise in that topic makes him a natural for any group focusing on habit changes.)



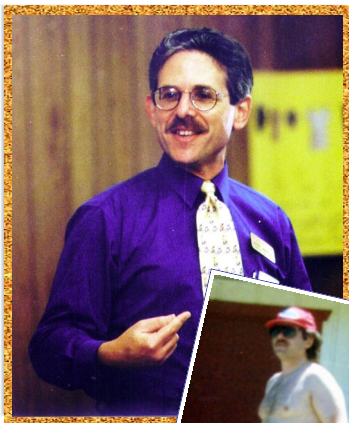
"It is unfortunate that the English language is not equipped with the precise words I need to express the feeling and depth of my admiration for your 'gift' and for your unselfish expression of that gift. Through your enthusiasm, your true compassion for the people attending your lectures, you instill confidence in the self."

*Sidnie L. Olson, AICP,
Senior Planner City of Eureka*

After an entire life of battling diets and exercise plans, he learned that the habit is not the problem; it is a symptom of a "black and white" belief structure that holds one back from his or her true potential in many facets of life. In learning to recognize "success in the gray areas," he shares positive, easy-to-use, practical, simple ideas to achieve one's goals in areas as diverse as weight loss and sales training. Scott was honored as one of the top 20 Weight Watchers members worldwide for his exemplary example of positive attitude, self-belief, and goal setting as part of Weight Watchers 20th Anniversary celebration in 1983. In 2000, he came one step from competing in the world championship of public speaking for Toastmasters International. He has been a host of an AOL chat, and is scheduled to be in two forthcoming "Chicken Soup" books.

Hundreds come to his meetings time and time again to share in his inspirational and humorous delivery on habit change and improving one's life on so many levels. His workshops, keynotes, and presentations are true-to-life, insightful, richly described stories; delivered with hope and humor in a manner polished through an award-winning extensive career of public speaking, radio, television and writing.

Scott has spoken to groups as diverse as CalTrans through the American Business Women's Association. He is a sought-after speaker not only for health groups, but sales organizations, non-profits, and any organizations looking for a dynamic speaker with a message delivered in a lively, insightful, fashion.



- ★ Award-Winning Humorous and Inspirational Speaker
- ★ Weight Watchers Western Regional Speaker's Bureau
- ★ Weight Watchers Leader and Lifetime Member
- ★ Marketing & Public Relations Specialist
- ★ Former Radio Talk Show Host
- ★ Sales Trainer & Consultant
- ★ Toastmasters CTM Honor
- ★ Toastmasters Champion

SCOTT "Q" MARCUS

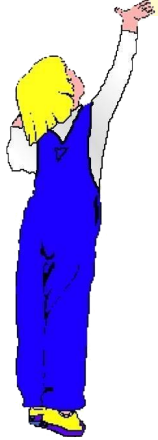
★ "THINspirational" Speaker™

Workshops, Seminars, and Keynote Speeches delivered with Hope and Humor

Three Fifty Spruce Street ★ Eureka, CA 95503
707.442.6243 ★ ScottQ@ScottQMarcus.com ★ www.ScottQMarcus.com



Popular Keynote Speeches



★ IBSFER (Goals) My Weight Loss Journey

The true and inspiring story "that started it all." Scott woke up at "rock bottom" and in the course of 364 days, completely changed his life. Delivered in an insightful, honest, compelling - yet playful - fashion, you will leave this with a concrete idea of how to appreciate and enhance your own life, no matter your goal.

★ Thank You For The Heroes

Based on a true story, it shows heroes are everywhere, including in the mirror. The Seven Lessons of Heroes help you realize how many things you already do to improve your world. (Especially popular for service and nonprofit organizations)

★ Of Computer Monitors, Dentists, And Serenity...



When your world is crashing around you, where do you find peace? This funny and poignant talk - based on three delightful stories - will take you on a hilarious roller coaster ride, reminding you how much you really have - if you look. (You'll also appreciate your teeth a lot more.)

★ Thinking INSIDE the Box



Before you can "think outside the box," you've got to learn what makes up the box and how to handle the framework. This talk focuses on how to improve customer retention and increase sales through a five-step, easy to remember formula: BOCKS.

★ Seven Lessons of Prosperity

Can one actually find pleasure in taxes? Probably not. But, after hearing this delightful story, you will be more prosperous and appreciate what you have. (You'll also never look at a towel rack the same way!)

★ Serenity in Parenting

weaves a path of laughter and tears that will provide a refreshed look at how important it is to stay calm and happy, while trying to manage one's life through a maze of responsibilities. Scott explains the four assumptions of success and provides a simple easy-to-follow formula (Think "1st") to help immediately organize your life and create change where desired.

★ Observations of Forgiveness & Thanks

Forgiveness and thanks are the same thing. With that interesting premise as its bedrock, this thoughtful presentation of six simple observations on how to find happiness is a beautiful combination of storytelling and insightful wisdom. You'll be thankful you heard it.

★ Seminars & Workshops

★ Eating Cycle

(TOPIC: HABIT CHANGE)

It's not necessarily about eating. It's a way to identify the triggers involved in any habit you wish to change. And more importantly, how to devise a plan to change them. The ideas are applicable for more than just weight loss.

★ TALK!

(TOPIC: COMMUNICATION)

This is a step by step detailed seminar in improving communications or public speaking and presenting. Perfect for sales teams, public relations, advertising, or organizations looking to streamline communications.

★ The Sales BOCKS

(TOPIC: SALES)

A detailed hands-on, practical, look at the steps necessary to find and close more sales. Based on years of media (and other) sales experience. This seminar is good for marketing teams, public relations, or anyone trying to increase sales.

★ Life Fitness / Think "1st" (TOPIC: GOAL SETTING)

Scott's most popular workshop. "THINK 1ST" is an acronym of the three steps to solve any problem; based on the experiences Scott learned in losing his seventy pounds and years of marketing and sales. It is coupled with the Four Assumptions of Success.

★ References & Reviews!

"You truly have so much to offer, and Weight Watchers is proud to have you be part of the organization. You really make a difference in so many people's lives.... (you) were quite an inspiration and we all greatly enjoyed the show."

Robert Mallow, VP Operations
Weight Watchers North America Inc.

"...One of the most entertaining and polished speakers I have heard. Your smooth speaking style captivates an audience and encourages them to laugh with your quick wit... By the end of your talk, the audience feels that they've heard something original and very special, leaving a lasting effect long afterward."

Sheldon J. Reber,
Dir. School & Community Relations
Eureka City Schools

"You FAR exceeded our expectations."
Mary Beth Wolford, Executive Director
Humboldt Senior Resource Center

"Your presentation style is refreshing and energizing. Your incredible stories are filled with wit, humor and great practical information as well."

Jeanne Winkle, President
Tough 'n' Tender Training & Development

"Your presentation to our Quality Celebration... was outstanding. Your presentation was easy to follow and understand. Through the use of humor and compassion, you were able to motivate our employees... I would highly recommend you..."

Rick Knapp
District Director, CalTRANS District 1

"Your presentation was fun and inspirational... You have a special creative talent in sharing your enthusiasm and compassion for others."

Sigrud Weir, Pres., Am. Bus. Women's Assoc.
Farthest West Chapter

"Your sense of style is refreshing and unique. The speakers we have had in the past have not had the impact or long lasting affects your speaking carries. Your approach is an invitation to insight and carries a clear and inspiring message. You did a wonderful job interacting with the audience and offered a touch of humor to a concrete topic. You are a very gifted person and we are grateful to have had the opportunity to work with you."

Rebecca Mendoza
Banking Representative, Six Rivers National Bank

"You have received the students' highest ratings yet... You are articulate and mix in humor and personal stories to make your point... Several people have since talked of personal struggles with food or relationships, in part inspired by your presentation."

Michael Goldsby
Program Director, Family Recovery Services
St. Joseph Health Systems



Ask About Other Topics or a customized presentation!