



## **GOTTEN A LIFE-THREATENING CANCER DIAGNOSIS?**

### **YOU CAN STILL BE A DYNAMIC LEADER & EFFECTIVE FAMILY MEMBER**

You've built one success after another, in spite of obstacles, setbacks and uncertainty. You're action-oriented. Used to questioning the data, thinking of new ways to look at the givens and getting your mind focused on next steps.

**Yet in one phone call or appointment, you've gotten a hammer-blow of a serious cancer diagnosis.** You're stunned. Your quick mind isn't processing the flood of information into plans of action the way it normally does. In fact, you seem to be in a strange new country, not able to speak the language. But you have to make decisions, time-sensitive choices, plans that may not necessarily have positive outcomes.

## **MARISA HARRIS KNOWS WHAT IT'S LIKE**

An HR executive for a Fortune 500 corporation, she had recently taken an underperforming company and, working with their executive team, built it to #1 in their industry.

Then suddenly, Marisa got a diagnosis of stage 4 pancreatic cancer and a prognosis of about six months to live. Shocked, she explored her options.



# HERE'S HOW MARISA WORKS

Marisa decided to take the business-success model she had used to get a company to #1 in its industry, hand picked a team of medical professionals, and with herself as coach, became the CEO of her recovery team, envisioning and implementing her treatment, care and future.

They not only examined medical factors, but psychological and stress factors as well, looking at quality of life issues as they mapped out the path ahead. Marisa shaped what truly mattered to her, what was possible for her and how the team could help her achieve it.



## WHAT RESULTS SHE'S GOTTEN

**It's been more than twenty years since Marisa's diagnosis.** She has now applied her business-success model to coaching hundreds of others in life-threatening situations, successfully increasing their chances of survival and enhancing their quality of life.

First, a customized, integrative recovery plan aligned with your medical treatment is carefully developed. Then you work with Marisa in a safe, confidential environment where she is available and listens to you. She will work with your spouse and family members as desired.

And, as with any business plan, you constantly rethink, evaluate, assess outcomes and experiment to make sure you are meeting your primary goal: your well-being.

Marisa provides expertise with her unique experience as a top corporate leader, a pancreatic cancer patient, and a cancer coach of hundreds of people. Both her accessibility and her broad experience mean she focuses on aspects of well-being that are often overlooked. Her unusual expertise offers you immeasurable value.

**Your recovery is paramount but you also need to ensure that your family and organization are taken care of.**



# A KNOWLEDGEABLE COACH AND PATIENT: A PARTNERSHIP

## Here are the four key benefits of Marisa's Strategy to help you:

- 1) Explore all your options—in mainstream medical treatments and complementary therapies.
- 2) Leverage your existing leadership strengths to optimize them in this totally new challenge.
- 3) Clarify your most critical goals and priorities, including your most important relationships and responsibilities.
- 4) Identify your most important constituents and how you want to respond to their present and future needs.

## What you can learn and accomplish:

- 1) The Resilience Characteristics that are most effective and most needed to solve challenges, and knowing when and where to apply them.
- 2) Nutrition to help destroy cancer cells and improve wellness.
- 3) Thinking in a positive way that aligns with your most important priorities.
- 4) Stress reduction practices to promote clarity, calmness and increased well-being. Brief and consistent practice can accomplish this for you and for others.

**And more...**

**PROMOTE SELF-EMPOWERMENT: You can do so much to enhance your recovery process. As you are the leader of an organization, become the CEO of your wellness with Marisa.**

## SCIENTIFIC DATA ON HEALTH COACHING

### LOOK AT WHAT SCIENTIFIC DATA REVEALS

**Health Coaching is effective. Should you try it?** *Harvard Health Publishing, Peter Grinspoon, MD, (April 8, 2020)*

By quality of life, Grinspoon reports that “you get to promote happiness, build resiliency, save people money, and help people live longer and more fulfilling lives at the same time.”

**The Longitudinal Relationship between Quality of Life and Survival in Advanced Stage Cancer.** *Psychooncology 2016 Feb 25(2): 225-231*

Sample of 512 patients found that a patient's longitudinal experience in Quality of Life (QoL) was a significant prognostic factor of survival.

**A Qualitative Study of How Health Coaches Support Patients in Making Health-Related Decisions and Behavioral Changes.** *Center for Excellence in Primary Care, San Francisco School of Medicine, David H. Thom, MD,Ph.D. (May 24, 2016)*

[Health coaches provide] “support for decision making and holding the patient accountable in a safe and caring relationship.”

# READ WHAT PROFESSIONALS AND OTHERS SAY ABOUT MARISA'S IMPACT

*I value Marisa's dedication, her creativity, and her tireless effort to bring about transformational change.*

*What really surprised me was her ingenuity in applying a business success model that I had introduced to the executive team to her diagnosis of stage 4 pancreatic cancer. Not only did she succeed in her life with this major health challenge, but she became a master coach and has helped hundreds of others facing cancer.*

*Marisa and I continue to work together in both the creation and delivery of a transformational program called FULFILLMENT! Critical Choices: Work, Home, Life.*

## **William Schiemann, PhD**

*CEO of Metrus Group, a firm specializing in organizational change and employee alignment*

*I have known Marisa Harris for more than twenty years. I met her when she was first diagnosed with cancer and have followed her healing journey ever since. I never cease to admire her courage, intelligence, passion, and persistence. She brings these same qualities to her coaching and teaching, allowing her to help others hone in on exactly what they need in order to heal and thrive.*

## **Mitchell Gaynor, MD**

*Founder and Director of Gaynor Integrative Oncology. Author of Dr. Gaynor's Cancer Prevention Program and Healing Essence (deceased)*

*Over these many years, Marisa has continued to inspire me with her passionate commitment to her own healing and her selfless dedication to helping other cancer patients and their families.*

## **Elizabeth Lesser**

*Cofounder, Omega Institute  
Author of *The New York Times* bestseller, *Broken Open: How Difficult Times Can Help Us Grow**

*If a person told me that I could have found peace of mind and even some joy in my life while dealing with my wife's diagnosis with cancer, I would have labeled them insane. It was Marisa who taught me to focus on the moment, to understand that only through self-examination can we release baggage and blocks which constrict us during times of great stress. We can then strengthen ourselves so that when the people we love need help, we can support them.*

## **Robert Pardi**

*Former President, Evolve Capital North America (Spouse of cancer client)*



## HEAR ABOUT MARISA'S WORK

Here's what one CEO with pancreatic cancer and a 13-year-old son has to say about his experience with Marisa's coaching.

– Scott W. Moore, CEO Kidango, INC



In this video, Marisa talks about William A. Schiemann, author of *FULFILLED! Critical Choices: Work, Home, Life*, and why he chose her story as a cancer survivor to be the first chapter of his book. Learn how Marisa Harris applied key leadership principles to a life-threatening cancer diagnosis.

**A CALL YOU  
CANNOT  
IGNORE!**



**You have a momentous opportunity right now to manage your cancer recovery and enjoy your life.**

**Contact Marisa Harris to set up a call Now!**

**917-757-6700**

**Email: [solutions@marisaharris.com](mailto:solutions@marisaharris.com)**

**Visit [www.marisaharris.com](http://www.marisaharris.com) for more information on the programs Marisa Harris offers, or to send her a message via her contact form.**