



Kristen Magnacca

Identify your true potential.



Noted Author, Coach, Motivational Speaker and Expert on the Emotional Aspects of Infertility

While there is an ample supply of medical experts who offer advice and information to the two million women across the nation who experience infertility each year, there are few who can address the mental and emotional crisis known all too well by women who are being medically treated for infertility. Kristen Magnacca, author of *Girlfriend to Girlfriend: A Fertility Companion* (First Books Library, 2000) and *Love & Infertility: Survival Strategies for Balancing Infertility, Marriage and Life* (LifeLine Press, 2004), is the advisor, supporter, and friend infertile women need.

How Fertility Clinics Can Benefit from Kristen's Services

Today finding and retaining patients is more important than ever. Keeping patients motivated to continue with treatment has a direct correlation with their perception that the doctors and nurses understand their emotional as well as physical needs. Kristen can help solidify the bond patients already have with your practice by connecting with them in deep and meaningful ways, keeping them motivated to continue treatment. She also will help your staff realize the important role they play in shaping patient opinion. Using her services is a great way to differentiate your practice from the competition and create the positive "buzz" that will help build and sustain it through all types of economic environments.

"Kristen so wonderfully shares her journey and emotions, which has enabled me to better understand and assist my patients through this process."

- Dr. Robert Kiltz, Founder and Director, CNY Fertility Center

Author of *Girlfriend To Girlfriend: A Fertility Companion* and *Love and Infertility*
To learn more, visit

www.kristenmagnacca.com

Services for Fertility Clinics and their Clients/Patients

Workshops, Seminars, Presentations and Coaching for Patients

Magnacca's seminars offer peace of mind and companionship and critical strategies to women experiencing the trials of infertility. She provides the instant sisterly connection of a woman who has been there and survived. Magnacca's insights help friends and family members better understand reproductive challenges. Organizations may hire Kristen Magnacca as a sole presenter, or Kristen and Mark Magnacca as dual presenters, which often works best for couples-oriented programs.

Survival Strategies

During this 90-minute interactive seminar, Kristen Magnacca presents, proves and reinforces success strategies for overcoming the emotional challenges associated with infertility. She provides an overview of many of the same techniques used in the Love and Infertility series. This presentation is ideal as an introduction to Magnacca's services.

Love and Infertility: A three-part series

Part I: "I Just Want a Baby!"

This workshop will help attendees understand their associations to their given situation and determine if they are hurtful or helpful; learn about their dominant communication strategy – visual, auditory, kinesthetic – and what this means during fertility treatment; set Daily Intentions to establish healthy boundaries; and create a Dream List and Goals for the next year.

Part II: "Gratitude: Are You Feeling That Your Whole Life Is On Hold?"

The workshop will help participants create a system of connecting to gratitude when they might be feeling as though they have nothing for which to be grateful; create a Daily Gratitude list to help them keep going on the tough days; learn to integrate a Daily Nurturing Item into each and every day to care for their mind, body and soul; and learn proven "Elevator Speeches" to have ready to answer nerve-racking questions.

Part III: *Couples Workshop on Forgiveness: "I Just Want My Wife Back!"*

This workshop concentrates on how to remain grounded individually and in a relationship. Workshop attendees will create a Fertility Game Plan, which details what they are willing to commit to emotionally, physically, spiritually and financially to create a family. Additionally, they will learn the "Honey Do List" strategy and how it can immediately improve communication, change the atmosphere in their marriage and relieve emotional stress!

One-on-One and Couple Coaching

During each one-hour phone consultation, patients address current challenges, work with Kristen to relieve stress, gain a sense of control, and improve their ability to understand and communicate their needs and desires. She speaks from "What I know now that I wished I knew then" as it relates to undergoing fertility treatment, communicating with partners to keep relationships vibrant and honest, and overcoming other roadblocks.

Teleseminars

These telephone workshops build upon the lessons learned in previously attended seminars and usually are offered as part of a seminars series.

"The workshop was AMAZING. I really loved it and it is giving me the tools I need to face these reproductive challenges." - CNY patient

Services for Fertility Staff Members

Seminars

Kristen offers fertility clinic doctors, nurses, laboratory staff and administrative personnel a unique insight into the emotions experienced by fertility patients, helping them to walk in their patients' shoes and gain a new understanding of the bumpy road patients travel.

Kristen Magnacca

Kristen Magnacca has served as an expert on the emotional aspects of infertility, testifying before the US Senate in the spring of 2000 about the importance of government funding for fertility research and holistic treatment. She has been highlighted in national publications and broadcast media including NBC's *The Today Show*, *Woman's World* magazine, PBS' *Health Week* and *The Boston Globe*. She is also a board member and volunteer of RESOLVE of the Baystate.

Kristen Magnacca's Books Focusing on Infertility

About *Love and Infertility*

Drawn from Magnacca's nationally presented seminar "Strategies for Survival – Balancing Infertility, Marriage, and Life," *Love and Infertility* focuses on the importance of sharing and communicating so that a couple can move successfully through infertility without allowing it to become all-encompassing and overwhelming. With honest humor and candid personal accounts, Magnacca reveals tips, provides exercises, and shares rare bits of wisdom to guide couples through the hardships and help them to work as a team, evolving from a childless couple to expectant parents.

About *Girlfriend to Girlfriend: A Fertility Companion*

Comprised of vividly intimate stories, medical strategies, and tips for emotional survival, *Girlfriend To Girlfriend: A Fertility Companion* offers women the support and guidance Magnacca longed to have while experiencing the worst years of her life. *Girlfriend to Girlfriend: A Fertility Companion* details the Magnacca's incredible journey from infertility to parenthood and provides the inspiration, frankness and support that many couples need to endure the emotional roller coaster that accompanies infertility.