

# Jason Maraschiello

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## Speaking Topic

### **Uncovering Your Happiness:**

Happiness is not something we have to pursue, it is not on top of a mountain somewhere waiting for us to reach it. Happiness is inside of us all at even our darkest moments, we simply need to learn how to uncover it, or rather unlearn how to cover it. Join Jason as we explore ancient principles and techniques on how this is accomplished.

### **Mindfulness and Stress Reduction:**

Stress finds a way into all of our lives, and can affect both our mental state, as well as physical body. In this talk we explore just how powerful stress is and we look at different ways of controlling it.

We will go over some simple techniques on how you can do this at your home, school, or the office, as well as give you a firsthand demonstration of how it works. You will be left with the feelings and sensations that words cannot describe.

### **Defining Success:**

Jason asks the question of what the word “Success” really means, and how that definition changes from person to person and from country to country. Jason talks about how the pressures of everyday life and social media form an image of how we think we should lead our lives.

### **The Strength of Community:**

After traveling around the world, living with and studying different cultural groups, and being a part of several intentional communities, Jason developed a new appreciation of what community can really mean. Jason witnessed the possibilities this created for sustainability, happiness, financial security, health and much more.

### **Leaders Lead Leaders:**

Everyone has it in them to lead. A good leader knows how to inspire their followers to lead others, allowing them all to have a voice and giving them the ability to step up when they are needed. Jason shows us how leaders are all around us and how when given the chance, can make great things happen.