****

**Thrive! Keynote:**

Mark A. Skipper

MSkipper@MASOfficeCleaners.com

(763) 575-7570

**Title:** What did you say?

**Description:** The most important things that we say are the things we say to ourselves. Life is a non-ending flow of good, challenging and sometimes bad times. What we say to ourselves, our self-talk, will decide how and if we make it through those challenging and bad times in our personal and professional lives.