



Former horse trainer turns her talents toward people

By Ron Wynn, rwynn@nashvillecitypaper.com

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Author and motivational speaker Lisa Wysocky has enjoyed great success in many careers, from being a nationally prominent horse trainer to a publicist and artist manager in the music industry. Now she's taking the lessons learned through these endeavors into the world of motivational speaking and writing.

Her newest book *Success Within: How to Create The Greatest Moments of Your Life* (Champion) offers detailed and very specific examples, suggestions and strategies designed to help people maximize opportunities and improve themselves. She'll be talking about these Saturday and discussing her new volume during the motivational workshop Success Within at Saddle Up! in Franklin.

What: Success Within motivational workshop
When: 1 p.m. Saturday

Where: Saddle Up!,
 1549 Old Hillsboro
 Road, Franklin

Cost: \$49

Info: 353-8662 or 794-1150, ext. 1

"For me the greatest thing that you can do for others is help them improve their lives," Wysocky said. "I found from my time in the music industry that even the greatest entertainers often get motivation from their managers or their labels, and that one of the main things about being a successful manager involves goal setting, time management and maximizing opportunity.

"... My goal was to design a program that would work throughout the year, be equally successful whether it was being used by families or couples, and also enable those who were using it to pick and choose those things that they felt would work."

Success Within divides the year into a road map with four sections that spotlight different problem areas.

"It's All In Your Mind" explores mental missteps and mistakes that hinder personal achievement, while "Treating Others Well" focuses on the personal and professional relationships and alliances. "Help Yourself" addresses practical steps and changes that should be made, and the final section "Bonus Round" adds tips on everything from the importance of relaxation and balancing personal time to mentoring, poise and recouping from setbacks and tragedies.

Wysocky combines insights, recollections, philosophy, humor and a commonsense approach that alternately stimulates, encourages and advises readers while urging them to take control over their lives and responsibility for their actions.

But while motivational speaking is one of her prime interests, Wysocky also remains an ardent lover of horses. She currently trains them for use in therapeutic riding programs, and divides her time between doing consultations and personal coaching, seminars for companies, and aiding the Saddle Up! Program.

"It's a great feeling; [it's] very rewarding doing all the motivational speaking and seminars," Wysocky said. "But I've loved horses since I was in preschool, and have found that they also teach people a lot, so I will always be involved with them as well."

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