



**MARTY MIMMACK, M. ED.**

## Be Inspired | Get Motivated | Do Good

Marty Mimmack has been demonstrating personal fortitude and a positive disposition for over 6 decades. Always having compassion-for-self, at the age of 3 he began overcoming difficult challenges with pragmatic determination.

In **Be Inspired, Get Motivated and Do Good** (i.e. do good in the world), Mimmack asks audiences to access what Aristotle called "The Rhetorical Triangle": Ethos, Pathos and Logos; those Spirit-given capacities in us all.

The ~30-minute multimedia, interactive presentation is 1/3 entertainment, 1/3 education and 1/3 emotional appeal. A computer is used to project baby pictures, celebrity photos, demonstration videos and more. Here are four pillars of Marty's talk:

### 1. Happiness & Joy

- Building and Maintaining
- Remaining Realistic and Being Practical
- Retaining a Sense of Humor
- Smoothing out the Highs and the Lows
- Tips and Tricks

### 2. Positive Thinking

- Attitude and Predisposition
- Cultivation
- Pragmatic Thinking
- Critical Thinking versus Negativity
- Limitations to Positive Thinking methods and

### 3. Frustration and Problem-Solving

- Developing coping skills
- Turning Theory into Practice
- Managing anger
- Tips and Tricks for Problem-Solving

### 4. Communication

- Skills and Forethought
  - Interpersonal Communication
  - The Help Exchange
  - CARRPU Approach-  
**C**onfidence  
**A**cceptance  
**R**espect  
**R**esponsibility  
**P**erseverance  
**U**nderstanding
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## EXECUTIVE SUMMARY

The Talk begins with a review of historical events from the early 1960s. Marty connects his remarks to a time when women's healthcare and child rearing were different. After some adorable photos of his childhood, Marty takes his audience on a parade of respect, responsibility and understanding. The talk winds-up with a touching poetic reflection.

### Objectives

The objectives are to:

- Instill Courageousness
- Demonstrate Perseverance
- Inspire Auspiciousness

### Goals

Our goals are to:

- Find new ways to DO GOOD
- Make someone laugh about success
- Learn New Coping Skills

### Solution

When inspiration, courage, motivation and perseverance may not be enough, Mimmack lays bare the raw skills, confidence and positive thinking it takes to triumph against obstacles great and small.

He challenges us to show grace and patience while you display grit and moxie navigating this relentless and beautiful world.

### About The Speaker

~65 year-old Marty Mimmack holds degrees in Philosophy and Education. He is a former disability awareness specialist and Master Teacher. In 1994, Marty came to the central coast to finish work on a M.Ed. at Cal Poly. After graduation, he settled in Arroyo Grande and later bought a house in Atascadero.

From 2016-2022, Marty worked for Cuesta College teaching senior citizens with a fun course called Reminiscing. He really enjoyed writing lessons that covered the golden age of Hollywood movie stars and more.

He lives in San Luis Obispo, CA and conducts research projects as a side hustle while in retirement. To read a full summary BIO or more detailed presentation content, please visit: [www.martymimmack.com](http://www.martymimmack.com)

