

# NOT YOUR TYPICAL PRESENTATION

## Series

A curated collection of engaging, interactive programs designed to inspire curiosity, deepen connection, and enrich everyday life. From memory techniques and emotional intelligence to cultural exploration and meaningful conversations – there is something here for everyone.

## EASY PROCESS

1. Mark the box on every presentation that interests you. Type your preferred date and time. Email the form back to me.
2. I'll take it from there! I'll contact you and confirm or I will reach out and provide options.

---

Contact me with any questions.

Paula Banno 630.946.7777

*For your convenience, I will schedule up to 18 months in advance.*

*Programs are designed to be presented on a large screen hooked up to my MacBook laptop & I will need access to WiFi for most presentations, however, I'm happy to modify the presentation if I know ahead of time.*

*To make planning easy, we've included a 12-month worksheet at the end of this directory—designed to help you schedule engaging, high-impact presentations all year long!*

*Note: "A Year of Awakening" is themed by month but can be scheduled any time of year.*

# A YEAR OF AWAKENING

These presentations explore **culture, places, and stories** — a full calendar of enriching programs that connect participants to the wider world and to each other.

## January – Happy New Year

### #1 New Year's Superstitions Around the World

Step into the fascinating world of global New Year traditions—from eating grapes at midnight in Spain to smashing plates in Denmark. These rituals reveal what different cultures hope for in the year ahead: luck, love, health, and prosperity. We explore different belief systems and end with the power of intention.

## February – St. Valentine's Day

### #2 Love Around the World

Discover how love is expressed across cultures—from India's dowry system, to a matriarchal society in Asia where women choose their partners while men dance to impress them.

## February – Speed Friending

### #3 Speed Dating NOT—Speed Friending YES

This fun activity helps residents expand their social circles, reduce feelings of isolation, and strengthen community connections. The fast-paced format encourages conversation, boosts confidence in social interaction, and stimulates memory as participants recall stories, experiences, and interests. Most importantly, it creates an atmosphere of warmth, laughter, and belonging while residents learn new things about people they might have known for years.

## **March – St. Patrick's Day**

### **#4 The Irish Art of Storytelling**

Ireland is known for its rich storytelling tradition, where folklore, humor, and history intertwine. Explore classic Irish tales, the origins behind them, and the deeper meanings they carry. This program highlights how storytelling connects generations, preserves culture, and reminds us that our own stories are just as important to share.

## **March – Women's History Month**

### **#5 History in the Making for Women in South Korea who Refuse to Marry, Date, Birth, or Have Sex**

This presentation explores South Korea's 4B Movement, where young women are choosing to say no to marriage, dating, childbirth, and sex. Formed out of frustration with societal pressures, patriarchy, and gender-based violence, the movement highlights the ways women are prioritizing autonomy, independence, and safety. Learn how this cultural shift is reshaping relationships, family life, and even demographic trends in modern South Korea.

## **April – Easter**

### **#6 Easter Around the World**

From egg rolling at the White House to elaborate processions in Spain and fireworks in Greece, Easter is celebrated in remarkably different ways across the globe. This session explores how cultures interpret themes of renewal, hope, and rebirth—inviting participants to reflect on their own traditions and what "new beginnings" mean at any stage of life.

## **May – Mother's Day**

### **#7 The Evolution of Motherhood**

Explore the differences of what it was like to be a mother in the 60s compared to today—from cloth diapers to self-feeding bottles.

## **May – An Amazing Mother**

### **#8 Marie Curie**

The first person to win Nobel Prizes in two different sciences, who also raised two daughters as a widowed, working parent, modeling resilience, curiosity, and determination.

## **June – Father's Day**

### **#9 The Evolution of Fatherhood**

This session explores how the role of fatherhood has evolved—from provider to nurturer — and how different generations and cultures define it.

## **July – Independence Day**

### **#10 Independence Around the World**

Independence looks different across cultures—from quinceañeras in Latin America to gap years in Europe and solo journeys in other parts of the world. This program explores what it truly means to "come of age" and how independence is defined, celebrated, and experienced globally.

## **August– National Psychic Day (August 3rd)**

### **#11 Psychics: Fact, Fiction, and Fascination**

Explore the intriguing world of psychics, intuition, and the unexplained. Learn about real cases where law enforcement consulted psychics, including government-funded programs that explored extrasensory perception. Whether skeptical or curious, this session opens the door to fascinating conversation about what we know—and what we don't.

## **September – Labor Day**

### **#12 The Evolution of Work & Unconventional Success**

Work has long shaped identity, purpose, and daily life—but what "work" looks like has changed dramatically. From lifelong careers with one company to today's selfmade millionaires who create videos from their car. This session explores how work culture has evolved across generations and dives into the most surprising and unconventional jobs.

## **October – Halloween**

### **#13 Death & Beyond**

This program normalizes conversations about death and beyond. Watch short videos from a hospice nurse explaining what happens during the natural process of dying. Then hear from individuals who have had near-death experiences, sharing what it was like to face death and return to life. Together, these perspectives open the door to deeper understanding, meaningful reflection, and conversations.

## **October – Death Around the World**

### **#14 Death Around the World**

This presentation examines dramatically different traditions surrounding death such as India's public cremations through sacred fire or Ghana's vibrant fantasy coffins shaped like Mercedes-Benzes. These practices reveal fundamental differences in how cultures view the body after death.

## **October – Haunted America**

### **#15 Ghost Stories and Haunted America**

Exploring famous haunted locations and the stories behind them, sparking imagination and lively discussion about the unexplained.



## **November – Thanksgiving**

### **#16 The Power of Gratitude & Thankfulness**

Gratitude is more than a seasonal practice—it's a powerful mindset that can improve emotional well-being, relationships, and overall outlook on life. This session explores the science and psychology behind gratitude, along with cultural traditions of giving thanks from around the world.

## **December – Christmas**

### **#17 Christmas Around The World**

While Christmas is widely celebrated, traditions vary greatly across cultures — from festive markets in Germany to candlelit processions in Latin America. This program explores the diversity of these traditions while highlighting the common themes of connection, generosity, and joy. Participants are encouraged to share their own memories and traditions.



# WELLNESS & SELF-CARE

## **#18 Eating Your Way Out of Pain: Anti-Inflammatory & Low-Carb Choices**

An educational wellness program exploring the relationship between inflammation, nutrition, and chronic pain. Participants gain foundational knowledge of anti-inflammatory and low-carbohydrate principles, practical meal strategies, and sustainable lifestyle adjustments to support overall health.

## **#19 Sacred Space, Sacred Time**

Participants will learn how to create intentional time and space for restoration. Practices include meditation, EFT (Emotional Freedom Techniques), and other stress-reduction strategies. The benefits of journaling will also be explored, with guidance on how to make it a meaningful part of daily practice.

## **#20 Designing Your Life with Purpose, Love, and Peace**

A forward-looking program focused on intentional aging. Participants reflect on identity, relationships, contribution, and meaning while developing a personalized roadmap for living their later years intentionally with connection, and purpose.



# SPECIAL INTEREST PRESENTATIONS

## **FAME: Beyond the Spotlight**

A series of presentations exploring the contrast between public persona and private reality.

### **#21 Joan Crawford – Mommie Dearest**

Explore the complex and controversial legacy of Joan Crawford – an iconic Hollywood star whose image was dramatically reshaped by her daughter's memoir, *Mommie Dearest*. While celebrated publicly for her glamour and success, private accounts revealed a very different and deeply troubling experience of motherhood marked by control, fear, and emotional volatility. Through this story, we examine the contrast between public persona and private reality, the lasting impact of parenting on children, and the difficult conversations around truth, perception, and legacy within families.

### **#22 Judy Garland – Beyond the Spotlight**

This presentation explores the life of Judy Garland through the book *Beyond the Spotlight* – revealing the pressures, control, and personal struggles she faced behind her iconic image. From her early rise to fame to the realities of studio influence and addiction, we uncover the human story behind "America's sweetheart." It's a powerful look at resilience, identity, and the cost of fame. The book *Beyond the Spotlight: Reflections on Judy Garland* was written by Lawrence Schulman, a music producer, critic, and longtime Garland scholar whose work reframes her legacy beyond the usual entertainer narrative.

## **#23 Prince Harry – Spare**

This presentation is based on Prince Harry's book, *Spare*. Prince Harry reveals his deeply personal story of growing up in the public eye while struggling with identity, loss, and expectation. Through Prince Harry's journey, we examine themes of grief, family dynamics, and the courage it takes to break away from roles that no longer serve us. It's an honest, thought-provoking conversation about what it means to choose your own path.

## **#24 Ryan O'Neal – A Paper Life**

This presentation is based on Tatum O'Neal's memoir *A Paper Life*, in which she recounts her turbulent childhood as the youngest Oscar winner in history and her relationship with her abusive father, actor Ryan O'Neal. Her story reveals the dark reality behind Hollywood glamour—a life marked by physical violence, neglect, and early exposure to drugs despite her professional success.



# MEMORY LANE

## MEMORY & EQ PROGRAMS

### **#25 Memory Magic**

Think you have a bad memory? Think again! In this fun and interactive program, participants will learn simple but powerful memory techniques used by memory champions. In just 60 minutes, participants will learn how to remember the eight continents, the first ten U.S. presidents in order and the names of new people by using creative visualization and association techniques.

### **#26 What the World Needs Now Is EQ!**

A dynamic, interactive workshop examining how emotional intelligence bridges generational, political, and cultural divides. Participants explore how empathy, curiosity, and intentional communication strengthen friendships, communities, workplaces, and families in an increasingly polarized world.

### **#27 It's Never Too Late To Improve Your Relationships**

An applied emotional intelligence workshop designed to strengthen self-awareness, self-regulation and empathy to improve relationships especially with adult children. Participants learn practical strategies to enhance communication, navigate conflict, and lead with authenticity to deepen, improve, and enjoy relationships.



*Paula*

## **It's My Honor to Share**

It is my passion to bring interesting, meaningful, and engaging information to life. Each of these topics are ones I am deeply passionate about — and I truly enjoy sharing, connecting, and interacting with the audience. It is always my honor.

Contact me today to reserve your date and time or reach out to me if you have any questions. I'm here to serve.

Sincerely,

Paula Banno,  
Semi-retired Executive Director & Lifestyle Director from Senior Living

---

630.946.7777  
PaulaAscends@gmail.com

**BOOK A PRESENTATION**

