

Gay Lynn Grigas  
Email: [triggerproof@gmail.com](mailto:triggerproof@gmail.com)  
Telephone: 954-275-8600

**Trigger-Proof.com**

## **CEO**

Gay Lynn Grigas is CEO of Grigas Consulting and corporate trainer for over 10 years with the Institute of Government at **Florida Atlantic University** in Boca Raton, Florida, and the Metropolitan Training Center at **Florida International University** in Miami.



## **Relationship Building**

Working onsite at various organizations gives Gay Lynn a unique perspective and pulse on relationships in the workplace, particularly the interplay between managers and workers, customers and employees.

## **Original 12 Tools**

The original tools she offers in **Trigger Proof™** come from her own experience in the field. Her strong foundation in working with people, bolstered by her academic qualifications, help solve a wide variety of problems and improve customer service in the workplace.

## **Endorsements**

Directors of programs she has worked with have given whole-hearted endorsements and praise for **Trigger-Proof™ 12 Tools**, which advance customer service, enhance communication, improve attitudes and excel positive motivation of their people.

## **Education**

Gay Lynn earned a Bachelor of Science in Education, and is a psychotherapist with a Masters degree in Clinical Psychology. She is a 20 year member of the American Psychological Association (APA) since 1993.

## **Author**

A successful author, Gay Lynn's three previous books were published by Health Communications, Inc: **Transformative Rituals: Celebrations for Personal Growth** (1994); **Golden Eggs: Spiritual Wisdom for Birthing Our Lives**, (1996) and **Twelve Powers in You** (2000). Internationally, **Golden Eggs** was published in Portuguese in Brazil and **Twelve Powers in You** was published in Indonesia

## **Speaker**

Gay Lynn is an accomplished speaker who enjoys delivering presentations for crowds of 1,000 participants as well as to medium to more intimate classroom and gatherings. She has presented programs for corporations, non-profit organizations, churches, government agencies, university groups and treatment facilities. Over the years she has spoken for the prestigious Omega Institute based in Rhinebeck, New York, at the Asilomar Conference Center in Monterey, California, and at the Chautauqua Institution in New York State.

## **TV & Radio**

She helped produce and played a starring role in a fourteen-part television series based on her book **Twelve Powers in You**. The series continues to air on television nationally and internationally in Cuba and other countries. She co-hosted her own inspirational radio program called *The Transformative Center* on the classical music station in Miami. She appeared on public television talk show in Miami Called *Conversations*. Charismatic and enthusiastic about her topic, Gay Lynn delivers a great interview.