

SPOKESPERSON: Mary Jo Rulnick's niche is real tips that make life easier for busy people. The four personas of Mary Jo Rulnick offers writers, radio and TV hosts, conference directors, bloggers and web site owners a wide range of topics to share with subscribers, viewers, and participants.

Interview Topics for Mary Jo Rulnick, the Lifestyle Coach

Whatever the season, holiday or month, there's always something that needs to be accomplished. However, there never seems like enough time in the day to start or finish it. Mary Jo Rulnick offers quick tips to make everyday life easier for busy women so they can do the things they want to do, instead of what they have to do.

Year-round Story Ideas

- Eliminate the drive-thru stop with quick on-the-go meals.
- Create a pantry meal supply.
- Reclaim the family dinner meal.
- Create a cooking system that sizzles for your family.
- Enjoy family fun around the dinner table.
- Squeeze in grocery shopping when time seems non-existent.
- Save money with practical tips for feeding the family.
- Cook up fun between grandparents and grandchildren.
- Beat breakfast time blues.
- Simple ways to get help in the kitchen.
- Shop year round for holiday giving.
- Make the most out of 5, 10 or 15 minutes.
- Simplify overnight guests.
- Conquer morning chaos with a simple system.

Fall Story Ideas

- Beat back-to-school blues.
- Assemble basic food and health supplies for the college student's dorm.
- Avoiding the "Freshman #15."
- Stock pile back-to-school clearance items for gift-giving throughout the year.
- Hunt clearance dorm supplies for the high school graduate.
- Prepare for the outdoor sports season.
- Score a touchdown with seven football Sunday tips.
- Brew up a kid's classroom "boo" party.
- Scare up simple Halloween costumes.
- Count down to Thanksgiving dinner.
- Play family fun words games to keep everyone around the Thanksgiving table.
- Turn turkey day leftover into great meals.
- Prepare for Black Friday shopping.

December Story Ideas

- Turn holiday card drudgework into a girlfriend fun night.
- Follow the 12 days of Christmas list to organize your holiday.
- Conquer Christmas Chaos.
- Simplify overnight guests during the holiday season.
- Recycle all those popcorn tins.
- Turn the cookie exchange into a freezer meal make-and-take night.
- Downsize the gift-giving list with family gift baskets.
- Prep before the holiday bargain hunt.
- Keep your sanity with simple strategies for holiday shopping with the kids.
- Entertain with quick and easy tips.
- Turn supermarket grocery items into scrumptious gift baskets.
- Increase physical activity to overcome weight gain during the holidays with family fun.

Winter Story Ideas

- Create indoor winter fun.
- Keep the sizzle in your relationship.
- Make cute ideas for kids' Valentine's Day party.

Spring Story Ideas

- Prepare for the outdoor sports season.
- Count down to Easter.
- Fill the basket with non-edible Easter stuffers.
- Host a fabulous Easter Egg Hunt.

Summer Story Ideas

- Avoid amusement park overload with some preplanning tips.
- Survive the dog days of summer with the kids.
- Turn back-to-school loss leader specials into favors and gifts.
- Create a backyard barbeque station for easy grilling.
- Turn peanut butter and jelly sandwiches into picnic fun.
- Prep for the college-bound student.

Interview Topics for Mary Jo Rulnick, the Wedding Coordinator

As the wedding coordinator for an internationally renowned museum, Mary Jo Runick's expertise lends itself to the following topics.

Year-round Story Ideas

- What bands, venues and other vendors don't tell you.
- Avoid 10 problems that can ruin a wedding.
- Doable tricks to narrow the guest list.
- Add the extra touch to your wedding reception.
- Cut cost with these budget tips.
- Eliminate guest complaints that can ruin a wedding.
- Create a reception timeline to keep the party going.
- Warning tips for wedding reception themes
- Add unique flair without spending a lot of money.
- Special touches for a traditional ceremony.
- Snafus that can overload the budget.

Interview Topics for Mary Jo Rulnick, the Writer

Mary Jo Rulnick has been around the publishing world, as a writer, author and self-promoter. And she's picked up a few tips along the way that she's more than happy to share with others.

Year-round Writing Story Ideas

- How to get the most mileage out of a conference.
- Market your book on a shoelace budget.
- Write a "tip" article in five easy-to-follow steps.
- Simple tips to self-publish your book.
- Cooking Up a Cookbook: Writing, Publishing, Selling
- Nonfiction Book Proposals: More Than Good Writing
- Four Key Ingredients to Writing Award-winning Articles

Interview Topics for Mary Jo Rulnick, the Speaker

As a regular speaker, Mary Jo Rulnick presents "in the trenches" workshops. She motivates, she inspires. She gets participants reaching for their goal.

Year-round Workshop Topics

- The 15-minute Mom
- Feeling Frantic? Simple Steps to Simplify Your Life
- The Frantic Cook's Dinner Plan: Zap the Meal-time Blues
- A Frantic-free Football Bash
- Frantic-free Entertaining
- How to Create a PR Plan on a Shoelace Budget
- Determination: What if Can Do for Your Life
- So You Want to Write a Book
- What Direction is Your Personality Compass?