

Barton and Megan Cutter *Speaking Engagement Packet*

Speaking and Workshop Programs

Transform your next conference from just another ho-hum gathering into a truly powerful life altering experience. Barton and Megan combine their sharp wit, humor and love story to deliver inspirational keynotes that will give your audience a complete experience of pure emotion and raw honesty that breaks down all barriers of limitation.

Speaking and Training Topics include:

- Making the Impossible Possible: Overcoming Roadblocks, Challenges and "Nos"
- Opening to Life: Reaching Beyond Boundaries, Limitations, and Challenges
- The Persistent Heart: Building Collaboration Through Leading by Example
- Beyond Words: Communicating Through Love and Life
- Telling Your Powerful Story
- Community Safety and Self Defense

Barton's and Megan's series of inclusive leadership workshops unveils the depth and beauty of your dreams, and empowers you to bring each of those dreams into reality.

No matter where you are, inclusive leadership gives you the first steps you need on your life journey, clarifies your personal and professional vision and uncovers the internal resources that have always been available to you but haven't been recognized.

Discover the tools you need to rock your life into the powerful presence that you were born to be!

Barton and Megan are available for:

- Keynote Addresses
- Conference Break Out Sessions or Interactive Workshops
- Training Series
- Group Coaching with Barton and Megan Cutter
- Individual Coaching with Barton or Megan Cutter
- Panel Discussions

To book Barton and Megan Cutter for your next event or to schedule a workshop, contact:

Megan Cutter

Cutter's Edge Consulting

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Keynote and Other Speaking Topic Descriptions

Making the Impossible Possible: Overcoming Roadblocks, Challenges and "Nos"

Have you ever found the perception of your disability discourages you from reaching for your dreams? Often, roadblocks, challenges, and being told "no" can stop you in your tracks.

More often than not, these limiting beliefs stem just as much from our own internal dialogue as they do from an outside source. Perhaps the most profound and essential step in making our dreams a reality is our ability to transform these inner roadblocks into tools for moving through our fears and finding motivation for success.

With humor and edgy honesty, Barton and Megan Cutter will redefine the perspective through which you see possibilities by sharing specific strategies to move through your fears and achieve your dreams.

This session will offer a forum for open conversation and engaged learning for you to rediscover your capacity to embrace what can become possible. This workshop will leave you inspired, motivated and ready to jump into action.

Opening to Life: Reaching Beyond Boundaries, Limitations, and Challenges

"Opening to Life: Reaching Beyond Boundaries, Limitations, and Challenges" explores what it means to embrace life to its fullest. What are limitations that we place on ourselves everyday? How do they hold us back? So often, we become paralyzed in the unknown, afraid we may fail or unintentionally sabotage success.

For Barton Cutter, never accepting the words "no" as an automatic response to a challenging situation has enabled him to move beyond the expectations set before him and step into a life where each moment becomes a full expression of his ultimate value and purpose.

Each one of us can follow our passions and open ourselves to achieve our own sense of purpose that positively impacts our community. Discover your own tools and resources to overcome the obstacles that keep you from living your dreams.



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The Persistent Heart: Building Collaboration Through Leading by Example

Who is the one in you that inspires others to be their best selves? Often, the way we see ourselves in relation to our life's vision and our own actions determines the willingness of others to combine forces and engage in a common goal. Our actions as well as how we carry ourselves in the midst of challenges brings our colleagues and community members to engage in a shared project, purpose or vision.

In this talk, Barton and Megan Cutter will explore how fostering a sense of curiosity and collaboration allows for learning even in the midst of failure, which, if shaped and honed, will eventually lead to greater success. They will share how we can all show up in our work more fully and the aspects that allow a community to continually evolve, while empowering each member to utilize their strengths. Develop a collaborative process that fosters innovative solutions, builds natural support and trust among your community and opens pathways to continued development for all team members.

Discover the taproot of your potential to empower yourself and those around you by finding the courage to be your best!

Beyond Words: Communicating Through Love and Life

Each of us has our own personal vision in the world, a passion that gets us up each morning. How we transform our personal vision into lasting change rests on our capacity to generate engagement at all levels of community whether it's with your spouse, family, community or beyond. Once someone knows what's important to them, it becomes easier to let go of assumptions, listen and respect others, and find creative outcomes to conversations.

Through becoming curious about who others are as individuals and as community members, we begin to develop sustainable connections in the community and discover the ways in which those connections develop into deeper relationships. This exploration allows us to foster and support the life and goals we aspire to while encouraging support and inclusion from the greater community.



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Telling Your Powerful Story

Each one of us has a story to tell, an experience that is powerful, moving and important, and it may be a different story than other family members or community members. The stories of our lives give us hope and inspiration, and keep us moving forward. Yet, how do we communicate our stories to those we don't know?

In this session, we will explore how to move from the facts of your story to a deeper understanding of how your story has transformed your life and values, techniques to use different expressions of the telling your story depending on your audience, and utilizing the understanding of our transformations to bring forth active living in our everyday lives. Telling our powerful stories can move us from a place of limiting beliefs to discovering passion, vision and mission in our personal and professional lives.

Community Safety and Self Defense

Staying Safe in Your Community is a general presentation on heightening one's personal awareness and the awareness of one's surroundings. Without including specific self-defense techniques, one can use self-awareness tools to avoid dangerous situations and seek help when needed. Techniques include: understanding good touch vs. bad touch, body posture and movement, peripheral vision exercises, intuition, different levels of awareness, and finding a safe space.

DisABLED PROTECTION is a course specifically designed for people with any level of ability. Students in this course are taught to move as they would naturally, using angle, timing and distance to stop an attack rather than speed or muscle strength. Barton is a fifth degree black belt and has over fourteen years experience training in Bujinkan Budo Taijutsu. Budo Taijutsu teaches people to express themselves with the tools they have. This allows each person to find ways to protect themselves and those around them through the use of their own body mechanics despite any limitations.



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Barton and Megan Cutter Bio

Barton is a professional coach and mentor who uses his humor and uncompromising wit to empower youth with disabilities and their families to discover a clear and powerful vision of their own independence within the community of their choosing. He combines his life experience of living with cerebral palsy and a professional background of youth leadership to support children and families to bring their vision to life through action steps that are both inspiring and practical.

After graduating from The University of Arizona, Barton spent several years spearheading Youth Leaders in Action, an advocacy and leadership program for junior high and high school age youth with disabilities. Under his direction, Youth Leaders in Action developed a leadership curriculum to empower youth with disabilities to advocate for themselves. Further, he was a driving force behind a statewide conference focused on youth with disabilities and post-secondary education in which he united stakeholders with various interests under a common vision to achieve unified goals.

Barton also was the Communications Director for The North Carolina Council on Developmental Disabilities from 2007-2013 and Co-Coordinator for the Lifetime Connections Program with First in Families of North Carolina. From 2011-2012, he was a monthly columnist for The News & Observer Our Lives Column. Today, he continues his work with various organizations as a coach, facilitator and content developer.

Megan Cutter is a professional editor, writer and social media strategist with over 18 years of experience in the field. Her expertise includes e-marketing campaigns for product and program launches, manuscript and article editing, as well as copy writing for websites, newsletters, magazines, and social media campaigns. In addition, Megan has organized trade shows and event launches for corporations and non-profit organizations.



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After graduating from Randolph-Macon Woman's College, Megan worked in corporate marketing until 2005 when she began a full-time writing and teaching practice. Megan has published clips in Natural Awakenings, Empower Magazine, Med Monthly, News & Observer (North Raleigh News), Circa, and Jubilation. Her writing features local community organizations, emphasizes local sustainability, and brings together different communities into common goals.



Together, Barton and Megan break many barriers and assumptions through being open about their relationship, speaking locally and nationally about disability awareness, inclusionary leadership training, creating healthy relationships, relationships and disabilities, self-defense for people with disabilities, and emergency preparedness.

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Speaking Testimonials

**Your presentation was the first time
I ever learned about love**



"I have to tell you, when you and Barton Cutter spoke at Health Affairs Round Table this summer, I was just really impressed. I didn't really know what to expect. I've been to nearly all of our presentations over the last 9 years and can honestly tell you that your presentation was the first time I ever learned about love at one of our meetings. Thanks so much!!! It was awesome!"
~ Tobi Glovinsky Bowen, President, Everything Made Special, Marketing and Events

Barton and Megan are challenging our very idea of disability

"Barton absolutely refuses to have his disability define him. He is modeling what it looks like to not only have a calling but to act on it. If you are lucky enough to meet him you will see that both he and Megan are challenging our very idea of disability."

~ Kate Roske, CTI Instructor

Barton blew me out of the water

"With Barton's insight, intuition, and an uncanny incisiveness that comes straight from the heart, Barton blew me out of the water. The man can coach. If you know it's time to get on with becoming who you were meant to be, if you are really ready to take action, if you are willing to be challenged and take ownership of and responsibility for your life, you will find your time with Barton Cutter well spent."

~Ken Mossman, CTI Faculty

Megan created a safe and encouraging space

"Megan successfully created a safe and encouraging space for the campers to share their creations, and the result was amazing to see! Some of the campers completely opened up in ways we would have never seen."

~Jenny, Reality Summer Camp



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**They are the definition of self-advocacy for individuals
with developmental disabilities**

"Barton and Megan Cutter of Raleigh urged adults with disabilities to reach within themselves to carve out the lives that they want. They are the definition of self-advocacy for individuals with developmental disabilities!"

~ Chuck, "Real Lives, Real Relationships Keynote Address," Parkersburg, WV, September, 2009.

**This is a book that shatters all paradigms about the limits
we set for ourselves and project onto others**

"This is a book that shatters all paradigms about the limits we set for ourselves and project onto others. It's a love story, an existential crisis and an epiphany - the holy trinity of non-fiction. It will challenge your perceptions of those who are differently-abled. Regardless of how radical and progressive you believed you were before about inclusion, you will finish this book with new enlightenment."

~ Debby Torres, Author Everybody's Blog

**It's the candor of revealing everything so freely that exudes
a certain kind of unparalleled courage and charisma**



"As I was reading this book, I found myself continually impressed at their amazing honesty and frankness; it's the candor of revealing everything so freely that exudes a certain kind of unparalleled courage and charisma—leaving everyone who reads their story inspired and thoroughly impressed."

~ P.J. Dixon, Motivational Speaker



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Previous Speaking Engagements

Conferences and Keynote Addresses

Barton and Megan Cutter: The WISE Community Summit, "Moving Beyond Personal Fears," and "Creating Healthy Relationships," Wenatchee, WA, June 17-19, 2014.

Barton and Megan Cutter: NC APSE Spring Conference, "Opening to Life: Reaching Beyond Boundaries, Limitations and Challenges," Carolina Beach, NC, March 27, 2014.

Barton and Megan Cutter: The Abilities Expo Atlanta, "Making the Impossible Possible: Overcoming Roadblocks, Challenges, and No's," Atlanta, GA, March 15, 2014.

Barton and Megan Cutter: The Frazer Center "Opening Doors to Positive Change and Overcoming Challenges," Atlanta, GA, March 13, 2014.

Barton and Megan Cutter: Mobility Ventures MV-1 Launch, South Bend, IN, March 9, 2014

Barton and Megan Cutter: Petchakutchka, "Making the Impossible Possible," Raleigh, NC, March 6, 2014.

Barton and Megan Cutter: Living Well With a Disability, "Communication, Dating, and Intimacy," Lancaster, PA, August 24, 2013.

Barton and Megan Cutter: Abilities Expo Chicago, "Healthy Relationships: Tips for Dating and Intimacy," Chicago, IL, June 28-30, 2013.

Barton and Megan Cutter: First in Families Summit Keynote "Opening to Life: Beyond Boundaries, Limits and Challenges," Raleigh, NC, April 17, 2013.

Barton and Megan Cutter: HART Luncheon Keynote, "Inter-Ability Couples," Raleigh, NC, July, 2012.

Megan Cutter: National Inclusion Project, "Creative Expression, Storytelling and Drama" and "Building Inclusive Relationships," Raleigh, NC, April, 2012.

Barton and Megan Cutter: National Inclusion Project, Inclusion Panel, Raleigh, NC, April, 2011.



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Barton and Megan Cutter: People First Conference of West Virginia- Getting Prepared, Being Prepared, "Staying Safe in Your Community Keynote Address," Jackson Mill, WV, September 8-10, 2010.

Barton and Megan Cutter: Community Resource Alliance- In Such a Time as This... Responding Wisely in Difficult Times, Panel Discussion "The Importance of Self Advocacy," Durham, NC, March 7-9, 2010.

Megan Cutter: "Writing Your Memoir as a Tool for Healing," Wellness and Writing Connections Conference, Atlanta, GA, October, 2009.

Barton and Megan Cutter: People First of West Virginia 2009 Conference, "Real Lives, Real Relationships Keynote Address," Parkersburg, WV, September, 2009.

Barton and Megan Cutter: International Conference on Self-Determination, "Building Your Own Life Through Self-Determination, a Panel Discussion," Winston-Salem, NC, May, 2009.
Barton and Megan Cutter: North Carolina Council on Developmental Disabilities Quarterly Meeting, "Real Relationships: Risks & Responsibilities, a Panel Discussion," Raleigh, NC, November, 2008.

Megan Cutter: "Journaling as Survivorship," Save Our Sisters Breast Cancer Survivor Conference, Raleigh, June 2008.

Barton Cutter: "A New Horizon" Taking the Next Step: Preparing Youth with Disabilities for Post-Secondary Education, Greensboro, NC, January, 2007.

Barton and Megan Cutter: "Staying Safe In Your Community," Association of Self Advocates of North Carolina 2006 Conference, May 2006.

Barton and Megan Cutter: "Staying Safe In Your Community," North Carolina Council on Developmental Disabilities Quarterly Meeting, November 2005.



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Ink in the Wheels: Stories to Make Love Roll Readings and Events

Christ Church of Raleigh Adult Formation Class, "Beyond Words: Communicating Through Love," February 9, 2014.

HEART Health Education and Advocacy Training Panel Discussion, Alliance for Disability Advocates, February 7, 2014.

Featured Readers for "An Evening of Inter-Ability and Open Mic," Manteo, NC, May 9, 2013.

RHA Annual Employee Awards, Raleigh, NC, May 3, 2013.

Easter Seals UCP Walk With Me, Raleigh, NC, April 13, 2013.

North Carolina Council of Developmental Disabilities Quarterly Meeting, Cary, NC, February 14, 2013.

Youth Group, The Alliance for Disability Advocates, Raleigh, NC, February 11, 2013.

Ink in the Wheels: Stories to Make Love Roll Release Event, Raleigh, NC, February 8, 2013.

Workshops

Barton and Megan Cutter: "Staying Safe in Your Community," Bridges of Philips Academy, Charlotte, NC, March-May, 2013.

Barton and Megan Cutter: DisAbled Protection, Bridge II Sports, Durham, NC, August 2012.

Megan Cutter: "Sharing Your Personal Story," Duke OLLI, Durham NC, January-May, 2012.

Barton and Megan Cutter: DisAbled Protection Demonstration, Bridge II Sports, Durham, NC, May 2012.

Megan Cutter: Creative Expression Workshop at Reality Center School, Durham, NC, January-May, 2012.

Barton and Megan Cutter: DisAbled Protection, Reality Ministries Center, Durham, NC, May 2011.



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Megan Cutter: "Discovering the Depth of Your Story," Duke OLLI, Durham, NC, April-May, 2011.

Barton and Megan Cutter: ArtStream Inclusive Theatre Writing Workshop, ArtStream, Raleigh, NC, February-April, 2011.

Barton and Megan Cutter: "Uncovering Your Authentic Voice Through Coaching and Writing," Friends Meeting House, Raleigh, NC, October 2010.

Megan Cutter: "Living Your Visionary Life," A Place for Women to Gather, Raleigh, NC, September, 2010.

Megan Cutter: Creative Expression, Reality Ministries Center Inclusive Summer Camp, Durham, NC, August 2010.

Megan Cutter: Wellness Through Writing Series, North Regional Library, Raleigh, NC, August 2009-May 2010.

Megan Cutter: "Creative Journaling Through Obstacles & Transitions," Western Wake Library, Cary, NC, April, 2010.

Megan Cutter: "Writing Your Memoir Through Creative Journaling," Meredith College, Raleigh, NC, March-April, 2010.

Megan Cutter: "Creative Journaling: Crafting the Story," Meredith College, Raleigh, October, 2009.

Barton and Megan Cutter: DisABLED Protection, Residential Resource Center, Charlotte, NC, July, 2009.

Megan Cutter: "Creative Journaling: Writing Through Transitions," Meredith College, Raleigh, March, 2009.

Megan Cutter: "Woman's Empowerment Workshop," A Place for Women to Gather, Raleigh, January, 2009.



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Megan Cutter: "Creative Journaling: Finding Your Authentic Voice," Meredith College, Raleigh, October, 2008.

Megan Cutter: "Writing Through Transitions," Morning Glory Center for Creative Healing, Wake Forest, March-May 2008.

Megan Cutter: "Writing Through Loss and Grief," Morning Glory Center for Creative Healing, Wake Forest, October 2007.

Barton and Megan Cutter: DisABLED Protection, Residential Resource Center, Charlotte, NC, July, 2007.

Barton and Megan Cutter: DisABLED Protection, Residential Resource Center, Charlotte, NC, August, 2006.

Barton Cutter: Youth Leaders in Action, Raleigh, NC.
"Breaking Through Barriers," March-July, 2007.
"Staying Safe In Your Community," February, 2007.

Barton Cutter: Youth Leaders in Action, Winston-Salem, NC.
"Taking Initiative," January, 2007.

Barton Cutter: Youth Leaders in Action, Raleigh & Winston-Salem, NC.
"Showing Others What You Have to Offer," December, 2007.
"Knowing Your Talents & Utilizing Them," November, 2006.
"Requesting Reasonable Accommodations," October, 2006.
"How Disability Rights Effect You At School & at Work," September, 2006.
"An Overview of Disability Rights in the US," August, 2006.
"Contributing to Your Family & Community," July, 2006.
"Speaking Up for Your Own Supports," June, 2006.
"Identifying Personal Responsibilities," May, 2006.

