

Nicholas Aretakis Keynote Topics

Ditching Mr. Wrong:

In his keynote, Nicholas takes his listeners on a humorous no-nonsense journey on how to find a good man and have a healthy long-term relationship. He uses his own real life examples of being Mr. Non-Committal and years of experience of being a single male and having a high profile job in Silicone Valley. This talk will make you think, laugh out loud and move you to change the way you look at your current relationship or future one. It is great topic for single women, divorced, married and mothers or grandmothers – everyone knows someone who could use some help in the dating world!

You will learn:

- **How to Screen a Man on the First Date**

Learn how to spot Mr. Wrong—before it's too late.

First impressions can be very revealing. Aretakis says you can use the first time you go out with a man as the *résumé date*, a chance to determine whether you should spend more time with him or politely decline a second date. Learn:

1. The minimum standards of behavior you should expect on a first date
2. What personal information you need to know ASAP
3. How to figure out your top relationship “deal breakers”—qualities you can't tolerate

- **How to Figure Out if You're With the Right Guy**

Find out if your steady boyfriend has potential to be The One.

You've been dating someone for months, maybe years. How do you sort through all your emotions and fears to assess if he's the right lifelong partner for you? Aretakis discusses:

1. How to take a hard look at who he is, not who he might be
2. Why it's essential not to overlook significant shortcomings
3. Why you shouldn't try to change your man
4. How to know if there's hope for the relationship to improve

- **How to Get Rid of Mr. Wrong**

Learn how to cut your ties with the wrong guy.

The writing is on the wall. You're in a bad relationship, and you want out. Aretakis can detail the steps necessary to make the break. Find out:

1. Why women have trouble leaving bad relationships
2. How to stay positive and friendly during a breakup
3. Why you need to stop having sex with your ex
4. How to split up shared assets and property

No More Ramen:

In this keynote presentation, Nicholas Aretakis, answer to the question of what 20-somethings want is simple -- it's what we all want. In his book "No More Ramen: the 20-something's Real World Survival Guide," **Aretakis breaks it down to four qualities that make up a balanced life: freedom, accomplishment, money, and enjoyment.**

Aretakis wrote his award-winning book over the course of year with the input of some 200 young people interviewed on college campuses across the United States, including Arizona State University. His Web site, nomoreramen.com, contains a resources toolkit and Q&A for those who wish to further explore topics introduced in the book.

Nicholas addresses the tough issues...

This presentation and his book doesn't gloss over the tough stuff. Chapter titles include "I'm So Confused," "I Don't Know Jack About Money," "I'm Not Getting Ahead, Help!" and "I Have to Get a Grip on the Day to Day." It makes clear that, while it's true that life can be confusing and even terrifying to those starting, there is only one way to go, and that is forward. Aretakis may empathize with his readers, but he tells them it's time to step up and get going.

This is not just a pep talk -- Aretakis offers concrete advice for every step along that road to success and a balanced life. Resumes, job interviews, career strategizing, workplace ethics and etiquette, self-assessment all are covered well in a down-to-earth, engaging narrative style. The author answers questions about common dilemmas -- "How often will I get a raise? How much should I expect?" -- with concise and reasoned explanations.