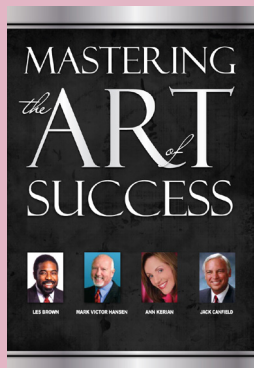


## Meet Ann

Ann has spent more than 15 years motivating people through a camera lens. She now takes her talents to another level as a consultant, motivational speaker, author, fundraiser and coach. She is a member of the prestigious National Speakers Association.

This former television anchor is available for individual and group coaching. Ann is a Media Consultant, Executive Coach and member of the International Coach Federation. She is also a charter member of the Eastern Iowa/Western Illinois ICF chapter and current member of the Madison-ICF chapter.

Ann lives with her three sons, two dogs and husband in Wisconsin Dells, Wisconsin.



Co-authoring the book, "Mastering the Art of Success" with Les Brown (The Power of Purpose), Mark Victor Hansen and Jack Canfield (Chicken Soup for the Soul).

She also co-authored, "No Winner Ever Got There Without a Coach" with Dr. Pam Brill and David Rock.



## Speaking Topics

### OVERCOMING OVERLOAD

Learn ways that you can actually "buy" yourself some time in the day. Learn how to diminish the drama by working with people instead of paperwork. Don't let technology bring you down. You'll hear 8 ways to Overcome Overload and have a better work-life balance.

### I LOVE MY JOB

Learn to love your job all over again! Do you have the tools to do your job right? Are you surrounded by supportive people? What can YOU do to make it better? Your job could be the happiest place on earth! Find out what you need to succeed.

### DO IT, DUMP IT, OR DELEGATE IT

We all have things in our personal and/or professional lives that we "tolerate", "put up with" that can really bring us down. It's time to make decisions. Take those negative things off your frustration list. Learn how to take accountability for your choices and live a stress-free life.

### BUILDING TEAMWORK

Whoever said sticks and stones can break my bones but words will never hurt me didn't live in today's business world. Effective communication is key to building teamwork even during tough times. Participants will walk away from this session knowing what to say and when to say it.

Contact *Nationally Speaking* for more speaking topics

## Testimonials

"Ann has been a valuable resource for me. She had a keen sense of awareness for our business values and gave us a professional edge when communicating with our employees, customers and visitors. I would highly recommend Ann to help you with any business needs that you would have that require fast turnaround, and professional, service. Ann was a joy to work with." *Mary Swehla/John Deere*

"I have hired Ann twice within one year so far, and it is my pleasure to recommend her to you. The CPA firm I was employed at was putting on several internal continuing professional education courses, one of which was going to be "effective communication". We had many presenters to choose from, but Ann was able to secure the engagement by showing us her dedication, out of the box thinking, willingness to customize the presentation for our firm, and quick responses during the selection phase. Since I was in charge of putting on the training I was able to view the feedback afterwards, all of which was very positive."

*Chad Aussprung/Deloitte & Touche*