

When you want things to be different... Take time to ReInvent!

Ann Fry

THE REINVENTION *HOTSHOT!*
AND AN UNCONVENTIONAL
SPEAKER

Ann Fry is a beacon for change. An advocate for people having amazing lives, she's also committed to happiness and fulfillment. Unconventional, frank, warm and funny, she challenges people to go beyond their limits.

People leave Ann's presentations laughing, upbeat and full of spirit, returning to their workplaces and their lives with a renewed commitment to do things differently! They leave delighted with their shift in perspective and have promised themselves to transcend the "status quo."

Ann combines more than thirty years of experience as a psychotherapist, health care administrator, college professor, executive coach, author and mom to relate to audiences of all kinds—from boardroom executives to everyday people looking to reinvent their lives.

A pioneer and transformational agent, Ann helps people to continually reinvent themselves for happiness and fulfillment. She is committed to creating a world where people make a difference for others as a way of life.

Note: Her latest reinvention is taking on her own Breast Cancer. Now, she's committed to people "Thriving after...!" circumstances.

Ann's Most Requested Topics:

When You Want Things to Be Different: 7½ Steps to Transcend the Status Quo

This topic gets people excited about change and re-invention—it's a great opportunity for people to get creative, look inside and figure out what they really want out of life, without the constraint of worrying about what others think. Participants get a chance to be a bit unconventional... to tell the truth to themselves and to play with life at full tilt. It's fun, interactive and focused on how to live your one wild-and-crazy life... how to reinvent for happiness and fulfillment. (Ann's major motivational talk—this one inspires people to greatness.)

The ReGeneration Process: How to ReEnergize, RePurpose and Reinvent Your Workplace

The original founder of Humor University, Ann brought humor to the world of work. In this keynote, she discusses the value of humor as a catalyst for creating a NEW/Reinvented Workplace Culture; one where people *love* going to work. Participants will learn the qualities of a company environment that fosters enthusiasm, high morale, relatedness, success, joy and FUN... and how to implement that.

Sexy, Sassy, and Free: How to Be an Unconventional Woman, at Any Age and Under Any Circumstance

As described in her book, *Sixty, Sexy, Sassy and Free*, Ann will discuss what it takes to step up, claim yourself, be bold and even unconventional. She'll share her stories, from divorce to moving cross country, to breast cancer. With humor, compassion, honesty and sass, she will get you to "own" who you are meant to be... at any age (for women's conferences and spouse programs).

How to Manage It All: A Playful Approach to Stress Management

Come and learn to PLAY your stress away. Ann reinvents stress management... using HUMOR as the catalyst for handling it. Participants will have a blast and leave with more energy and productivity—in life and in work.



"Thank you for doing a perfectly wonderful job at our retreat ... you were one of the best speakers we have ever had! We got useful information to take away, and you entertained us, too. Your humor was never inappropriate, unsophisticated, or useless. Now the only problem is that I have to do something different next year, but how do we follow you?"

—Betty Bellomy, Department of MHMR

"Thanks for bringing some laughter to our workplace!"

—Phillip B. Dendy, University of Texas System

"You gave us useful tools that we can use today—plus you made us laugh. And you know ... when you laugh, you learn!"

—Beth Brooks, President, TSAE

"You definitely woke up the crowd with your humor, fun, and an emphasis on feeling good for the rest of your life."

—Mary Ann Kluga, Special Olympics

"I only have positive feedback for you! We all enjoyed the unconventional 90 minutes and I'm sure that some of your input made people think and it will have a 'sustainable' impact. I talked to almost everybody and the feedback was always quite similar: It was fun, too bad it didn't last longer."

—Fredy Bittle, Manager Administration,
FI & HR North America Switzerland Tourism



Presentations offered as KEYNOTES, half-day, full-day trainings or retreats.
All training can be linked to an ongoing coaching component. All events are customized to meet your needs.

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