

ANNE BONNEY LONG BIO (@200 WORDS)

Anne Bonney is a fun, energetic international motivational keynote speaker and trainer. She is also an authority on Change Management, author of 2 books on embracing the discomforts of change, podcast host of ***Dancing in the Discomfort Zone Podcast***, and an experienced in-person, virtual and hybrid workshop facilitator. After 20 years in highly successful corporate and non-profit leadership positions, Anne, now uses her experience, education, and expertise to ignite YOUR Courage, Confidence and Resilience in the face of the discomfort of change, courageous communication and emotional intelligence.

You'd better turn on the AC because this **"ball of fire"** will light you up with fun and relevant stories, time-tested knowledge and immediately applicable strategies to make a difference for you, your team, and your organization.

This spunky little redhead shares business lessons from her crazy life experiences, which arms her with **relatable and hilariously memorable stories** from growing up overseas, running international marathons, animal training, morale building tours to the military in Iraq, volunteering at an elephant sanctuary and singing opera at a performing arts school and yes- there's more. You won't want to miss Anne's session as Anne is a **mindset shifting motivator** who fires people up to catalyze powerful change in their lives, their teams and their organizations.

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Dancing in the Discomfort Zone Podcast: <http://DancingintheDiscomfortZone.com/>

Check out the books: <https://ignitingyourcourage.com/blog/2021/09/08/books/>