



## ANNE BONNEY

### SHORT BIO

Anne Bonney is a fun, energetic international keynote speaker and courage ignitor. She is an authority on Change Management, two-time author, host and creator of *Dancing in the Discomfort Zone Podcast* and an experienced virtual, in-person 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 ability to embrace the discomfort of change, courageous communication and emotional intelligence.

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