



PUNCH IT MARGARET!®:

Dancing Through Discomfort, Change and The Messy Middle

45-90 minutes keynote

Change can be intimidating. Whether it's a bold new idea, organizational transformation, evolving industries, rapidly modernizing technology (A.I. anyone?), or personal transitions, the uncertainty of change can leave us freaking out and paralyzed. But here's the truth: change ain't going away. Shoot, it's the only thing we can count on in today's lightning-fast world. The question is, how do you find the courage to face it head-on and get through it with maybe an ounce of grace?

In this dynamic and energizing keynote, Change Leadership Authority Anne Bonney will empower you to step boldly into the unknown. Drawing from her acclaimed book, *GET OVER IT!* and her personal experiences and accomplishments, Anne delivers practical tools, high-energy insights, and a whole lot of fire to help build the confidence and resilience to navigate change like a pro. This isn't just a keynote; it's a rallying cry to embrace the challenges of transition with courage and resilience.

Key Takeaways:

- Cultivate the confidence to tackle change with courage and resilience.
- Overcome fear of the unknown by shifting your mindset and taking purposeful action.
- Transform change into an opportunity for growth, unity, and renewed energy, boosting productivity and morale.

Short Version

Change is unavoidable, but navigating it doesn't have to feel paralyzing. In this high-energy keynote, Change Leadership Authority Anne Bonney delivers practical tools, bold insights, and empowering strategies to help you face uncertainty with confidence and resilience. With humor, relatable stories, and actionable takeaways, Anne will inspire you to embrace the challenges of uncertainty and dance through the discomforts that change brings.