

## ANNE BONNEY LONG BIO (@200 WORDS)

Anne Bonney, CSP®, is an electrifying keynote speaker, energizing emcee, a fun interactive workshop facilitator, and the go-to authority on resilience in change. With two books on embracing and leading through change, the wildly popular *Dancing in the Discomfort Zone Podcast*, and expertise in virtual, in-person, and hybrid presentations, Anne has mastered the art of igniting courage, confidence, and resilience in even the most overwhelmed audiences. After 20 years of crushing it in corporate and nonprofit leadership positions, she now lights up stages around the globe, helping teams and leaders embrace change, boost resilience, conquer tough conversations, and lead with emotional intelligence.

You'd better turn on the AC because this "ball of fire" delivers a blazing mix of humor, practical strategies, and unforgettable stories that will transform the way you approach challenges. Anne draws from her whirlwind of experiences—growing up overseas, running a marathon on every continent, climbing Kilimanjaro, training animals, singing opera, entertaining troops in Iraq, and even volunteering at an elephant sanctuary—to bring hilariously relatable insights that connect with any audience. She might even bring her guitar and sing a custom song!

This sparky redhead is a mindset-shifting motivator who will fire you up to embrace powerful change, inspire your team, and transform your organization. Don't miss the chance to experience Anne's energy and wisdom—you'll leave laughing, learning, and ready to take on whatever comes your way!

Connect with Anne at:

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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/>