



ANNE BONNEY

SHORT BIO

Anne Bonney, CSP®, was born to talk...just ask the teachers who wrote “*talks too much*” on her report cards. Today, she puts that superpower to work helping overwhelmed professionals build resilience, emotional intelligence, and courage in the messy reality of change. A high-energy keynote speaker, dynamic conference emcee, two-time author, and host of the hit *Dancing in the Discomfort Zone* podcast, Anne blends sharp humor, real-life stories, and practical tools audiences can actually use. After 20 years leading in corporate and nonprofit roles, she now challenges people to own their reactions, tackle tough conversations, and move through change with confidence—even when it’s uncomfortable.

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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/>