



Thriving After... and ReInventing!!!

Ann Fry

THE REINVENTION **HOTSHOT!**
AND AN UNCONVENTIONAL
SPEAKER

Ann has been known in the world of convention and corporate speaking as someone who advocates for people having amazing lives through change. She's committed to happiness and fulfillment... in life and at work. Unconventional, frank, warm and funny, she challenges people to go beyond their limits.

She's been leaving audiences laughing, upbeat and full of spirit... with a renewed spirit to do things differently. She continues that now with yet another iteration of her RE-Invention work... helping people not just SURVIVE... but THRIVE after circumstances. Whether coming back around from a serious illness, a horrific trauma, a major loss, or some other tragedy, Ann speaks to HOW to not just come through the experience, but how to go beyond where you once were... To Thrive.

Ann combines more than thirty years of experience as a psychotherapist, health care administrator, college professor, executive coach, author and mom to relate to audiences of all kinds – from board room executives to everyday people looking to reinvent their lives.

A pioneer and transformational agent, Ann helps people to continually reinvent themselves for happiness and fulfillment. She is committed to creating a world where people make a difference for others as a way of life.

Note: Her latest Reinvention is taking on her own Breast Cancer. Now she's committed to people "Thriving After...!" circumstances.

Ann's Most Requested Topics:

Adventuring Through Cancer... Flying SOLO!

Since thriving through breast cancer, Ann's newest talk takes a look at how to handle this difficult "adventure"... while living alone. A divorced woman, in her 60's, having just moved to a new city, Ann took on her cancer and learned a whole bunch about how to rely on others... and so much more. She weaves in her personal stories with excellent tips - for the cancer patient and for their caregivers.

Thriving After... When Life Knocks You Down, STAND UP... even STRONGER!

Circumstances can definitely knock you down... but the more important thing is... how do you get back up? What are important tips, steps, actions you can take to go beyond where you are and to perhaps take on an even larger mission in your life... Making a Difference for others and the world.

Someone at Work is Seriously Ill... How to Cope with it... as the patient or the "friend" in the Workplace!

A disease like Cancer doesn't just eat up the body, it impacts self-esteem, confidence, everyday existence. It's exhausting. The Workplace is where we spend most of our time. How do you as the patient, get through your day and what do you NEED from your co-workers? Ideas for receiving and giving support through difficult times.



Here's what participants had to say about Ann's workshop:

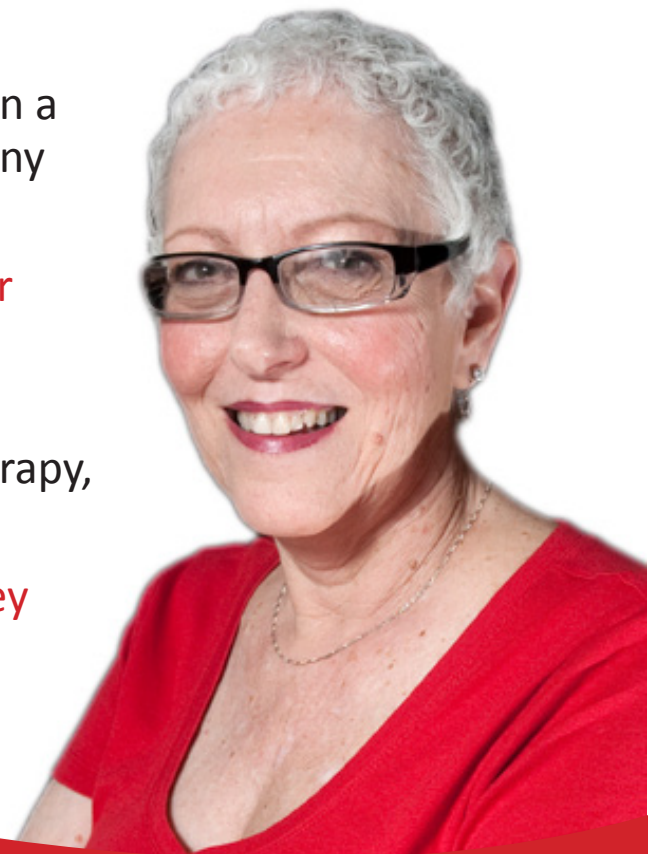
"I learned so much and I have concrete takeaways. I loved Ann's openness & her energy. I absolutely recommend this workshop!"

"Ann is one of the best facilitators I've ever taken a workshop from. She's got a great engaging, funny style and she's very inspiring."

"Ann is clear and precise. She helps you discover yourself and gives you an action plan to move forward with."

"Ann was so inspiring! After twenty years of therapy, everything clicked! Thank you Ann!"

"Ann teaches us that people have a choice... they can have things be different! She was terrific!"



All training can be linked to an ongoing coaching component. All events are customized to meet your needs. Presentations offered as KEYNOTES, half-day, full-day trainings or retreats.

Clients Include:

3M
American Case Management Association
BHR—Behavior Health Response
Casey Family Program
The City of Austin
Condea Vista
Cox Target Media
Farmers Insurance
Genzyme
Hyatt
ILEX Oncology
Iowa Assisted Living Association
King Pharmaceuticals

KPMG
Life Technologies
McLane Company, Inc.
MHA—Montgomery Co., MD
Miami International Univ. of Art & Design
Motorola
Mount Sinai Hospital
PacifiCare
Pernod-Ricard
Proaction Behavioral Health Alliance
Shell Oil
Special Olympics
St. David's Healthcare

State Farm Insurance
The State of Texas
Texas Association of School Boards
Texas Commission on Environmental Quality
Texas Nurses Association
Texas Department of MHMR
Texas Educational Services Centers
Texas Society of Association Executives
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Ann Fry, MSW

New York/Austin

Phone 646-895-9295

<http://www.annfry.com>

email: ann@annfry.com

