

# Anne-Louise Sterry

INTERNATIONAL SPEAKER | SINGER | SONGWRITER  
STORYTELLER | KEYNOTE CONCERTS



## Keynote Concert Programs:

### *Happily Ever... Always?*

Solutions for finding joy in each day. We only have so much control over our circumstances. Feel empowered in your current role and confident applying the concepts shared to living life with more audacious joy.

### *Put Your Heads Together!*

Breaking thought patterns is important for companywide success. Negative thought patterns limit true potential. Learn to stay motivated, manage stress, and adapt to change in a more positive and successful way.

### *Be an Audacious Leader!*

It is a proven fact that people make better decisions when they're happy and joyful. If managers take care of themselves and be intentional with their self-care, it will lead to better management and support for their teams.

### *Choosing a New Story*

Individuals have more power to influence themselves and those around them than we think! It all falls back to self-talk and the stories we tell ourselves. Discover how to rewire the brain and make enduring, positive changes.

Anne-Louise Sterry is an internationally recognized motivational speaker and performing artist, performing for over 400,000 people across America and Europe. Infusing her background in psychology, education, and nursing, Sterry combines speaking and original music to deliver her unforgettable keynote concerts that inspire, educate, and entertain.

Known to instantly excite the room with her joyful aura, Anne-Louise has an incredible ability to connect with anyone she meets, from a single individual to an audience of thousands.

With her profound understanding of the human mind and extensive performing arts repertoire, Sterry captivates audiences with her thought-provoking and humorous approach to living life with Audacious Joy.

"After an evening of laughing to tears and near-constant smiling, you have to wonder if you'll wake up with sore cheekbone muscles!"

- Perry Spring, Quimper Storytelling Guild

"I can honestly say that your performance was one of the best I've seen in 30 years. Not only did I enjoy your program, but so did the entire audience."

- Tom Radke, Vineyard Elementary School

"Anne-Louise was a hit! We all had comments about changing your thought process. People thought it was fun with just the right amount of helpful tips that were also easy to use and practical."

- Gail Spolar, Director, Workforce Development and Truancy Programs

Audacious Joy

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