

Anne-Louise Sterry

INTERNATIONAL SPEAKER | SINGER | SONGWRITER
STORYTELLER | KEYNOTE CONCERTS



Keynote Concert Programs:

Let Your Heart Be Heard

Inspiring strategies for living life with more Audacious Joy

Outcomes: Empowerment, Motivation, Vision/Purpose

People have experienced a lot in recent years, and as we are starting to rebuild, some are finding it challenging to find that sense of community again.

This keynote concert delivers entertainment, inspiration, and motivation all in one invigorating package. With a mixture of songs, stories, and interactive performances, Anne-Louise Sterry will reveal the secrets to living life with more audacious joy.

During this program, Anne-Louise presents solutions for finding joy in each day. We only have so much control over our circumstances. But we have total control over our choices, our actions, and our feelings! Research shows that we can build the skills we need to bring more joy and balanced contentment into our lives on a day-to-day basis.

After attending this program, guests will feel empowered in their current role and confident applying the concepts shared to living life with more audacious joy.

Core Themes: Personal Development, Motivation, Empowerment, Self-Esteem, Image, Vision/Purpose

Audacious Joy★
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Keynote Concert Programs:

Put Your Heads Together!

Achieve collective success through a journey of self-discovery

Outcomes: Team Collaboration, Resilience in Change

Breaking thought patterns is important for companywide success. Negative thought patterns limit individuals and their organizations from achieving their true potential.

In this keynote-concert, Anne-Louise embarks on a journey of self-discovery with the audience to help leaders feel confident, in-control, and relaxed so they can lead with greater impact. Participants will learn why it is so crucial for them – as individuals, employees, and community members – to intentionally break thought patterns.

Studies show that employees at all levels of the company make better business decisions when they are joyful and feeling empowered. Anne-Louise has a proven method to help employees remain motivated, manage stress, and adapt to change in a more positive and successful way.

After attending this program, guests will leave feeling refreshed, motivated, and refocused to immediately take the next step towards their success.

Core Themes: Teamwork/Teambuilding, Empowerment, Motivation, Leadership, Communication, Collaboration

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Keynote Concert Programs:

Be an Audacious Leader!

The secret sauce for managing stress while managing others

Outcomes: Leading Confidently, Engagement, Culture

Managers are dealing with new types of stress. As a manager, it is not uncommon to see your own needs fall farther and farther down the priority list when tasks start to pile up.

But people are still looking for ways to create innovation and new solutions with less. Managers are being stretched thin, being asked to support their employees, their organizations, deal with their own tasks, and somehow manage personal life and mental health within it all.

It is a proven fact that people make better decisions when they feel good, when they're happy, when they're joyful. That means improved employee engagement, retention, and productivity. So, if managers instead can take care of themselves and be intentional with their self-care, it will lead to better management and support to their teams.

By attending this keynote concert, guests will learn how to rewire the brain to help employees be self-accountable, consistently perform better, have better communication skills, be more productive, and deal more easily with change.

Core Themes: Leadership, Retention, Culture,
Management, Communication, Engagement

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Keynote Concert Programs:

Choosing a New Story

Rewire your brain to embrace and unlock your potential

Outcomes: Dynamic Communication, Inspired Action

Individuals have more power to influence themselves and those around them than we think! It all falls back to internal self-talk, thought patterns, and the stories we tell ourselves.

In this unique keynote concert, Anne-Louise calls on her background in psychology and the most up-to-date research to inspire your group into action by actually helping to rewire the brain. They will leave genuinely moved to make immediate and enduring positive changes benefiting themselves, their families, and their co-workers.

As she speaks to your company, the themes of living kindness, embracing personal responsibility, and the power of changing your story is woven throughout her presentation.

By participating in this program, attendees will feel more confident taking challenges head-on, more engaged in group dynamics, and have the tools to immediately implement a stronger workplace culture that enables productivity and communication.

Core Themes: Accountability, Culture, Engagement,
Personal Development, Motivation, Empowerment

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