KEYNOTES 2026



SPEAKER, AUTHOR & DARE SPECIALIST

LU ANN CAHN

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LU ANN

KEYNOTE SPEAKER | AUTHOR
EIGHT-TIME EMMY AWARD-WINNING INVESTIGATIVE JOURNALIST

Lu Ann Cahn is an eight-time Emmy Award-winning investigative journalist, author of I Dare Me, and international keynote speaker who inspires audiences to embrace change, build adaptability, and discover what's possible when they're willing to try something new.

After decades of navigating disruption in broadcast journalism, Lu Ann found herself resisting change. Her response was an extraordinary personal experiment: doing something new every day for a year. Her 365 days of "Do the New" inspired thousands of followers, led to her book I Dare Me, and became the foundation for her signature keynote, The Experiential Advantage.

Today, Lu Ann brings those lessons to organizations and conferences across industries. Through humor, storytelling, research, and engaging audience participation, she challenges leaders to rethink how adaptability develops and how they can create workplaces where people feel safer trying new things. Her message is simple: adaptability isn't just something we need when change happens. It's something we can practice every day.

A two-time cancer survivor, Lu Ann also brings a powerful personal perspective on courage, resilience, and finding new possibilities in the face of life's biggest challenges.

Her career spans more than 40 years in broadcast news, including 27 years at WCAU-TV (NBC10) in Philadelphia, where she earned national recognition for her investigative reporting. In 2014, she transitioned from television news to Temple University's Klein College of Media and Communication, where she served as Director of Career Services and continues today as a career coach and adjunct instructor, helping the next generation of professionals navigate their careers.

Lu Ann lives outside Philadelphia with her husband, retired NBC10 photojournalist Phil Houser, and loves practicing "Do the New" with her daughter and two grandsons.

The Experiential Advantage

Why Leaders Who Try New Things Build More Adaptable Organizations



Research links organizational adaptability and innovation to a greater ability to survive disruption. Yet one of the biggest obstacles to adaptability is our natural resistance to change and fear of the unfamiliar.

What if leaders could help employees become more willing to try new things—and build the adaptability their organizations need?

Eight-time Emmy Award-winning former investigative journalist and keynote speaker Lu Ann Cahn knows that resistance firsthand. After nearly four decades in television news, she found herself unwilling to embrace change. Her breakthrough came when she challenged herself to do something new every day for a year.

Through humor, powerful storytelling, research, and hands-on audience experiences, Lu Ann introduces **The Experiential Advantage: Try → Adapt → Innovate**, a framework for building adaptability through small, repeated encounters with the unfamiliar.

Participants don't just hear about adaptability. They experience what it feels like to try something unfamiliar, together.

They leave with three practical leadership strategies to help themselves and their employees become more willing to try new things, adapt, and innovate.

BEST FOR THIS AUDIENCE:
Leadership conferences, corporate events, HR conferences, industry associations, women's leadership networks, and professional development programs.

IN THIS PRESENTATION YOU WILL:

- **Understand why adaptability matters** and how resistance to change can hold organizations back.
- **Learn how to practice adaptability t**hrough small, manageable experiences with the unfamiliar.
- **Discover three leadership practices** that help employees feel safer trying new things, learning together, and innovating.

BRING LU ANN TO YOUR EVENT

Life Unstuck: The Daily Dare

How Trying New Things Can Change Your Life



Sometimes life gets stuck. We fall into routines, resist change, and lose some of the excitement that once made us feel fully alive.

Eight-time Emmy Award-winning journalist and author Lu Ann Cahn knows that feeling. After decades in television news, she found herself overwhelmed by change and resistant to trying anything new. Her solution? She challenged herself to do something she'd never done before, every single day for a year.

Those 365 firsts transformed her life and career.

Through hilarious stories, heartfelt moments, and interactive experiences, Lu Ann shows how small acts of courage can build confidence, open doors to new opportunities, and reignite a sense of adventure.

Audiences leave inspired to stop waiting for the perfect moment, embrace being beginners again, and say YES to something new.

BEST FOR THIS AUDIENCE:
Leadership Conferences, Women's Network Groups, Corporations, Associations, Fundraising and Client Appreciation Events.

IN THIS PRESENTATION YOU WILL:

- **Recognize** the habits and fears that keep us stuck
- **Discover** how small new experiences can create confidence and new possibilities
- **Learn** practical ways to bring more adventure, purpose, and joy into everyday life

BRING LU ANN TO YOUR EVENT

Daring Beyond Cancer

Finding Courage, Joy, and Possibility After Life's Biggest Challenges



What happens when life hands you challenges you never imagined facing?

Lu Ann Cahn is a two-time cancer survivor who has also navigated major surgery and life-changing health challenges. She knows firsthand that surviving and truly living aren't always the same thing.

After years of facing health crises and professional challenges, Lu Ann discovered something unexpected: trying new things, even small things, could open the door to renewed courage, joy, and possibility.

With humor, honesty, and moving personal stories, Lu Ann shares how her year of firsts helped her rediscover the adventure of living, and why it's never too late to embrace what's next.

This uplifting keynote reminds survivors, caregivers, and healthcare professionals that our challenges may change us, but they don't have to define what's possible for the rest of our lives.

BEST FOR THIS AUDIENCE:
Cancer survivorship conferences, healthcare organizations, hospitals, wellness events, nonprofit organizations, and caregiver groups.

IN THIS PRESENTATION YOU WILL:

- **Explore** how to move beyond simply surviving to living more fully
- **Discover** the power of small new experiences to rebuild confidence and joy
- **Find i**nspiration to embrace possibility, even when life doesn't go as planned

BRING LU ANN TO YOUR EVENT

TESTIMONIALS

SHRM New Jersey

“Her honesty and humor had the room laughing one minute and deeply moved the next. What set Lu Ann apart was that she didn’t just inspire us; she gave us tools. Her ‘Do the New’ approach made change feel approachable instead of overwhelming... Weeks later, people are still talking about it!”

WORKforce
PA Workforce Development Association
The Voice of Pennsylvania Workforce Development

"I had the absolute pleasure of welcoming Lu Ann Cahn as our opening keynote speaker at the Pennsylvania Workforce Development Association’s 41st Annual Conference, and she delivered in every sense of the word.

Lu Ann brought energy, humor, authenticity, and real impact to the stage. Her message about resilience, reinvention, and saying “yes” in a world that often says “no” resonated deeply with our audience of workforce professionals. She made us laugh, reflect, and re-engage with our own sense of purpose. It was exactly what we needed to kick off our event.

She’s not just a dynamic speaker; she’s a storyteller who connects with people in a way that lasts long after the applause ends. I would enthusiastically recommend Lu Ann for any organization looking to inspire action, motivate change, or simply remind people of the power they hold in their own story."

SCOUT & MOLLY'S BOUTIQUE

"I’ve overseen conferences of all sizes, and **Lu Ann Cahn’s keynote at our national conference was one of the most impactful I’ve seen**. Her ability to connect with our group was incredible. She brought real energy, motivation, and inspiration. Her message to "Do the New" challenged our franchisees in the best way and left everyone feeling empowered. The feedback from our attendees was outstanding."

Pfizer

"Her presentation not only changed our outlook on our mundane routines at work and home, but it changed our hearts."

KEYNOTES

I DARE ME AT WORK

Helping employees become more engaged, adaptable, and willing to try new things.

BRING LU ANN TO YOUR EVENT

DARE TO CHANGE YOUR CAREER

Helping professionals find the courage to navigate career transitions and opportunities.

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DO THE NEW: LAUNCH YOUR CAREER

Inspiring students and emerging professionals to take risks, build connections, and launch their careers.

BRING LU ANN TO YOUR EVENT

RECHARING THOSE WHO GIVE

An uplifting program for caregivers, educators, nonprofit professionals, and others who spend their lives helping people.

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