SHORT BIO



LU ANN CAHN

KEYNOTE SPEAKER, AUTHOR, EMMY AWARD-WINNING JOURNALIST & EDUCATOR

Lu Ann Cahn is an eight-time Emmy Award-winning journalist, author of *I Dare Me*, educator, and keynote speaker who helps leaders and organizations build adaptability through the power of trying new things.

After nearly four decades in television news, Lu Ann found herself resisting change. Her breakthrough came when she challenged herself to do something new every day for a year. Those 365 firsts transformed her life and became the foundation of her signature keynote, The Experiential Advantage.

Through humor, storytelling, research, and interactive audience experiences, Lu Ann shows leaders how to create workplaces where people are more willing to try, adapt, and innovate.

She continues to teach and coach emerging professionals at Temple University.

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