MEDIA KIT 2026

SPEAKER, AUTHOR & DARE SPECIALIST

LU ANN CAHN

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Lu Ann Cahn is an eight-time Emmy Award-winning journalist, author of I Dare Me, and an international keynote speaker who knows what it takes to embrace change—because she lived it. To get her life unstuck, Lu Ann did something new every single day for a year—365 days of "Do the New"—a daring journey that inspired thousands who followed along through her blog and YouTube channel.

Today, she brings those lessons to organizations across industries, inspiring audiences to build resilience, find courage, and break free from inertia with humor, heart, and actionable tools. A two-time cancer survivor and master storyteller, Lu Ann blends her lived experience with decades as an investigative journalist to deliver unforgettable keynotes that move people to action.

Her career spans more than 40 years in broadcast news, including 27 years at WCAU-TV in Philadelphia where she earned national recognition for her groundbreaking investigative reporting. In 2014, she left news to help launch the next generation of communicators at Temple University's Klein College of Media and Communication, where she served as Director of Career Services and continues today as a coach and adjunct instructor.

Lu Ann lives outside Philadelphia with her husband, retired NBC10 photojournalist Phil Houser, and loves practicing "do the new" with her daughter and two grandbabies.

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