



SPEAKER, AUTHOR & DARE SPECIALIST

LU ANN CAHN

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Lu Ann Cahn is the author of the inspirational memoir *I Dare Me*, an entertaining look back on a year that changed everything for her.

The book grew out of a blog, “Year of Firsts,” which chronicled this veteran journalist, mother and survivor’s daily adventures as she pushed herself to try something new every single day to get her life “unstuck.”

She was inspired by her daughter, Alexa, to go on this year-long adventure while working her full-time “day job” as an eight-time Emmy award-winning journalist with NBC10 News in Philadelphia.

[CLICK TO READ LU ANN'S FULL BIO](#)

Life Unstuck: The Daily Dare



BEST FOR THIS AUDIENCE

Leadership Conferences, Women's Network Groups, Corporations, Associations, Fundraising and Client Appreciation Events.

This keynote dares your employees or members to be open to change, transition and new ideas. It's an effective opener to inspire participants to "Do the New," or a closer to help participants take what they've learned and implement it in their work and personal lives.

DESCRIPTION

No matter who you are or what you've achieved, we can all get stuck especially during this pandemic. We're overwhelmed with change and react by resisting or feeling handcuffed or powerless by events. Sometimes we lose our best self along the way. But the fact is, each of us has the power to own our day and move forward with laughter, daring and a sense of adventure. An "I Dare Me" keynote is about creating the life and career you want; finding a way to get "unstuck" and say YES to "Do the New."

IN THIS PRESENTATION, YOU WILL LEARN:

- How to "own your day" again while recognizing routines and habits that keep us stuck
- The science that explains why we actually need and crave first time experiences
- How to retrain our brain to take small risks in order to create new possibilities and opportunities
- See imperfection as the road to reinvention
- Strategies to face our fears, be more courageous in the face of dramatic changes in the way we work, communicate and socialize
- Action steps we can take to bring joy and wonder back into our lives

I Dare Me: For Survivors



BEST FOR THIS AUDIENCE

Survivor groups and associations; non-profits; health care providers; administrators; insurance agents; pharmaceutical organizations; and corporate network groups.

DESCRIPTION

As someone who has had major surgery for breast cancer, kidney cancer and ulcerative colitis, Lu Ann uniquely relates to survivors and caregivers. Whether it's a health crisis or a life crisis, an I Dare Me for Survivors presentation reminds participants of their unique perspective and power to get "unstuck" and live each day with daring and passion. With humor and self-deprecation, Lu Ann tells the story of not appreciating her survivorship until she went on the unique journey of doing something new every single day for a year.

Audiences laugh, cry and stand up and cheer as they recognize the lessons learned and leave with renewed motivation to create and embrace the life they want.

IN THIS PRESENTATION, YOU WILL LEARN:

- Ways to reboot and recharge life after surviving a health or life crisis
- How to tap into the unique perspective and power of survivorship to face fear
- To open up, share a dare and set a path for a new life adventure
- As caregivers and health professionals how to make sure you are taking care of yourself so you can give to others

I DARE ME FOR FUNDRAISING: THE KARMIC GIVEBACK

BEST FOR THIS AUDIENCE:

Professionals in healthcare, mental health, coaches, caregivers, HR and non-profit fundraisers

DESCRIPTION:

Sometimes the people who give the most, need new inspiration and motivation. As someone who dares and counsels college students and adults on creating the life they want, Lu Ann knows it's easy to "give it all away" at the office and feel too drained to do something for yourself. An "I Dare Me" presentation for those who "give at the office" reminds professionals they can't be their best for others if they aren't daring themselves.

IT'S YOUR YEAR: DARE TO CHANGE YOUR CAREER

BEST FOR THIS AUDIENCE:

Best for industry associations, alumni groups and career services

DESCRIPTION:

Sometimes the scariest thing you can imagine is changing careers, especially if you've been going in one direction for a long time. As someone who successfully changed careers after 40 years as a TV News Reporter, Lu Ann knows what that's like and the journey you must go on to pivot or change direction. As a career coach to college students, alumni and adults of all ages, this keynote challenges audiences from young and not so young to evaluate their strengths, face fears, and dare themselves once again to pursue a new dream with a game plan.

DO THE NEW: LAUNCH YOUR CAREER

BEST FOR THIS AUDIENCE:

Best for college students, career coaches and counselors

DESCRIPTION:

Today's college students living through the pandemic have unique fears and anxiety about how to dare themselves, launch their careers and move forward in their lives. As a popular professor and career coach to thousands of college students, Lu Ann uniquely relates to this audience and inspires them with humor and active audience participation, to take charge of their future, face fears and say yes to action steps that will help them create the life and career they want beyond college.



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



"Lu Ann entertained and inspired our audience at the 31st Annual New Castle County Chamber of Commerce Women's Leadership Conference. She is an engaging and dynamic speaker and I highly recommend her."



"In my 20 years with this organization I do not remember a monthly speaker receiving a standing ovation, that is, until Lu Ann's presentation. Her storytelling, interactions and ability to connect with the audience are a rare gift. It is my pleasure to wholeheartedly recommend Lu Ann for any speaking engagement."

Pfizer

Temple University

Independence Blue Cross

Penn State University

Karr-Barth Axa Advisors

Eastern Association of Colleges and Employers

American Association of Healthcare Administrators

PECO Energy

Vistage CEO Summit

Living Beyond Breast Cancer

SEI Women's Network

League for Entrepreneurial Women

Pennsylvania Society of Directors of Volunteers

American Cancer Society

Society of Professional Women

Institute of Managements Accountants

Philadelphia Writers Conference



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