MEDIA KIT 2026



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

LU ANN CAHN

LUANN@LUANNCAHN.COM | LUANNCAHN.COM

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.

www.luanncahn.com | luann@luanncahn.com

FULL BIO



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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 the very changes transforming her industry. Her breakthrough came when she challenged herself to do something new every day for an entire year. Those 365 firsts transformed her life, inspired her book *I Dare Me*, and led to national media appearances, including NBC's Today show.

Today, Lu Ann brings that experience to stages across the country through her signature keynote, **The Experiential Advantage: Why Leaders Who Try New Things Build More Adaptable Organizations.**

Combining humor, powerful storytelling, research, and interactive audience experiences, Lu Ann introduces her **Try → Adapt → Innovate** framework. She challenges leaders to rethink how adaptability develops and shows them practical ways to create workplaces where people feel safer trying new things, learning together, and embracing change.

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

Her career includes 27 years at NBC10 Philadelphia, where she earned eight Emmy Awards for investigative reporting. She later served as Director of Career Services at Temple University's Klein College of Media and Communication, where she continues to teach and coach emerging professionals navigating a rapidly changing workforce.

Lu Ann lives outside Philadelphia with her husband, retired NBC10 photojournalist Phil Houser. She's a proud mother and grandmother who continues to practice what she teaches: **Do the New.**

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