

*Introducing*

# ANNE MARIE CHAKER

AWARD-WINNING JOURNALIST FOR THE  
WALL STREET JOURNAL | AUTHOR | PRO  
ATHLETE | LEADING EMPOWERMENT  
KEYNOTE SPEAKER



INKWELL *ink* MGMT

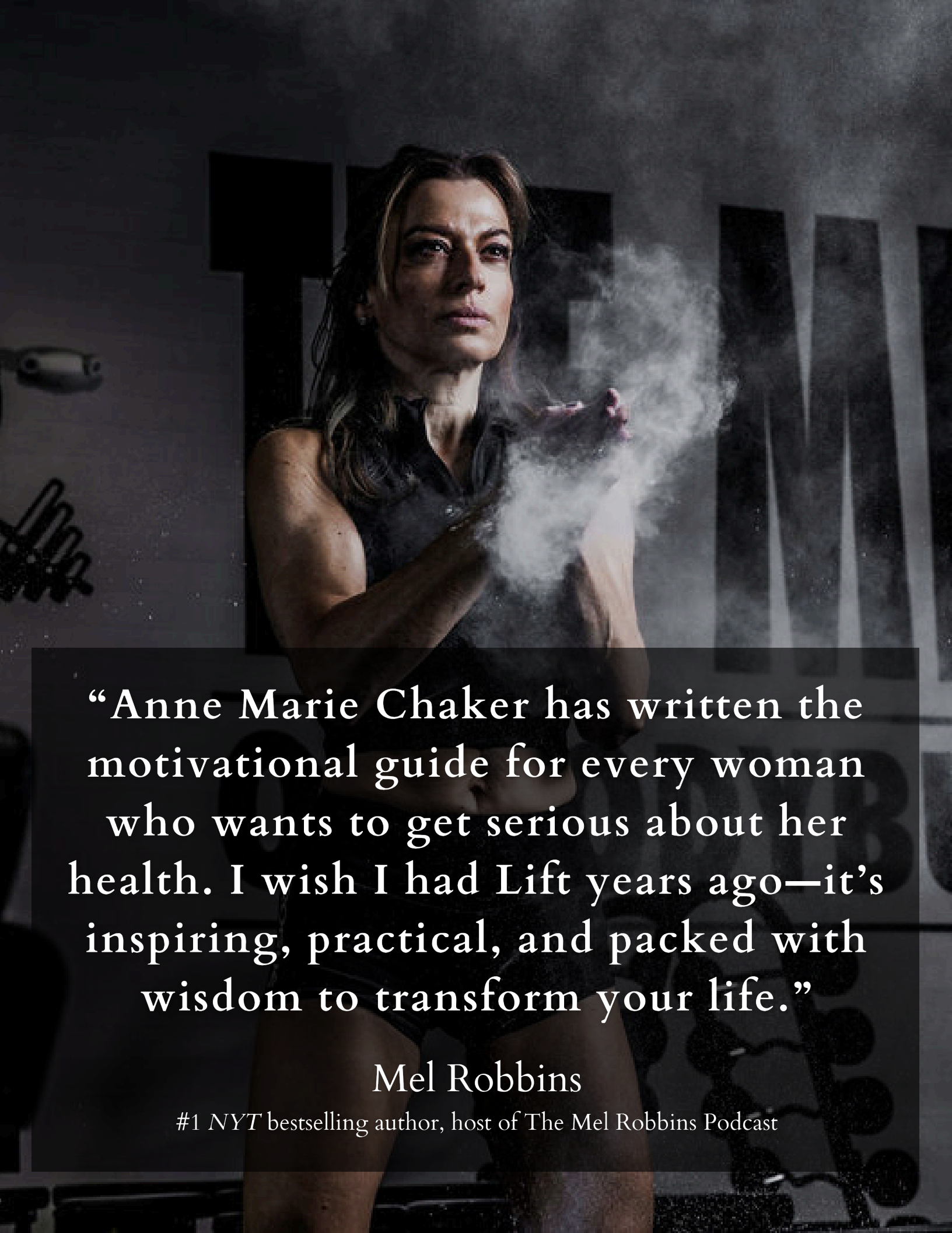
# ABOUT ANNE MARIE

I'm Anne Marie Chaker, a longtime, award-winning Wall Street Journal reporter, author, and pro athlete. I believe that true transformation happens at the intersection of courage, authenticity, and mental toughness.

Drawing from the power of vulnerability, the importance of emotional resilience, and the discipline to rise above, my keynotes challenge individuals and organizations to lead with both heart and grit.

If you want to stop striving for an ideal that doesn't fit, and take your life and leadership to the next level, let's get real: Together, we can do the hard work of becoming the person you were meant to be.

**ANNE MARIE CHAKER** is a veteran journalist and professional bodybuilder. During her two-decade career at *The Wall Street Journal*, she held reporting jobs all over the paper, from the *Journal's* regional editions to the Spot News Desk during the September 11 attacks. She has covered everything from politics to news events, consumer trends, education, the workplace, and the major sociological shifts of our time. Her article "I Never Thought I'd Write This: I Am a Female Bodybuilder" has generated more than 500k views since it was published in 2020. Chaker lives in the Washington, D.C., area with her partner, Rick; daughters Juliette and Sylvie; and their overeager pup, Ninja.

A woman with long brown hair, wearing a dark sleeveless top, is shown from the waist up. She is looking slightly to her right with a serious expression. Her hands are positioned in front of her, and a cloud of white smoke or steam is rising from them. The background is dark and industrial, with large, dark, rectangular shapes that look like gym equipment or structural elements. The lighting is dramatic, highlighting the woman's face and the smoke.

“Anne Marie Chaker has written the motivational guide for every woman who wants to get serious about her health. I wish I had *Lift* years ago—it’s inspiring, practical, and packed with wisdom to transform your life.”

Mel Robbins

#1 *NYT* bestselling author, host of The Mel Robbins Podcast

# SPEAKING TOPICS

## **Courage Over Comfort**

*Embracing Imperfection to Unlock Strength*

Step out of your comfort zone and embrace vulnerability to fuel personal growth, resilience, and confidence.

## **The Power of Vulnerability**

*Turning Fear into Fuel*

Vulnerability isn't weakness—it's courage. Learn how facing your fears transforms them into strengths.

## **No More Masking**

*Lead with Authenticity and Create Connection*

Authenticity creates deeper connections. Drop the mask, embrace your true self, and lead with vulnerability.

## **From Struggle to Strength**

*The Imperfect Path to Personal Growth*

Growth is messy. Turn setbacks and discomfort into stepping stones for resilience and clarity.

## **Beyond the Comfort Zone**

*How to Build Mental Toughness through Self-Acceptance*

Real toughness comes from self-acceptance. Push through discomfort and build unshakable resilience.



# THE LIFT PRINCIPLE

## Elevating Ourselves and Others

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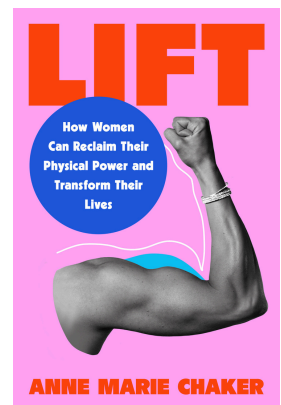
### Look for Strength in Others

Instead of seeking flaws or sizing people up, focus on the brilliance each person brings. Ask yourself: How does their strength complement mine? When we recognize and amplify each other's unique gifts, we shift the energy in the room. A team pulling toward the same goal lifts each member higher, proving there's space for all of us to shine.

I

### Inspire with Vulnerability

Vulnerability feels like risk at first, but when we lean into it, we discover the opposite—it connects us more deeply than anything else. Sharing our struggles, victories, and humanity creates an environment where others feel safe to do the same. Vulnerability isn't about comparison; it's about connection. And when people feel free to be real, inspiration flows.



F

### Foster Collaboration Over Competition

Competition can breed isolation, but collaboration fosters connection. When we stop seeing others as threats and start seeing them as allies, we create a culture of mutual success. True achievement isn't about who gets there first—it's about what we build together, lifting each other to greater heights.

T

### Take Ownership of Your Journey

Stop measuring your Chapter One against someone else's Chapter Twenty. Every path is unique, with different challenges, timelines, and definitions of success—all equally valid. When we own our progress and draw inspiration instead of comparison, we free ourselves to step fully into our power.

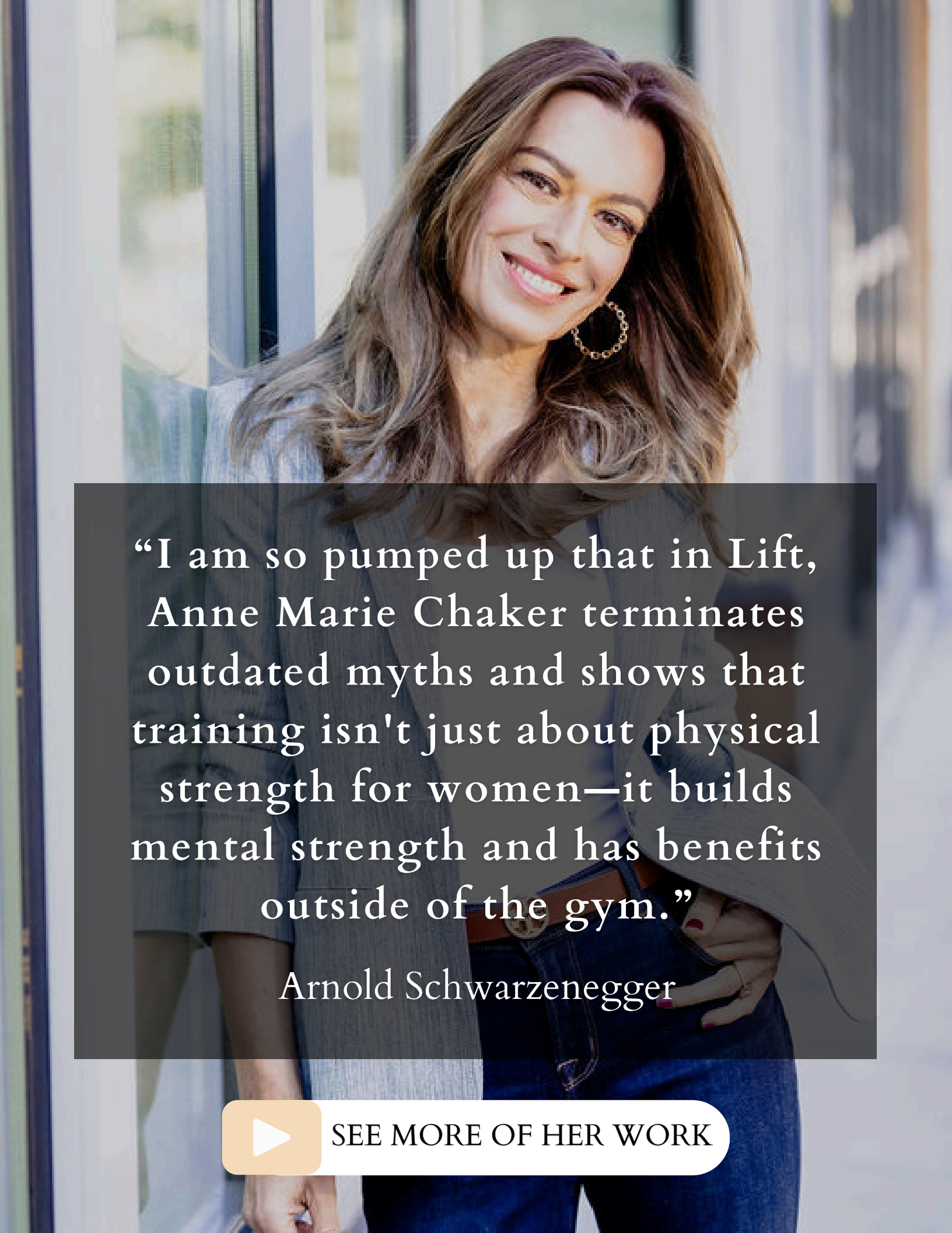


[@annemariechaker](https://www.instagram.com/annemariechaker)



[@AnneMarieChaker](https://www.linkedin.com/company/AnneMarieChaker)



A woman with long, wavy brown hair and a bright smile, wearing a grey blazer and blue jeans with a brown belt. She is standing in front of a window with vertical bars.

“I am so pumped up that in Lift, Anne Marie Chaker terminates outdated myths and shows that training isn't just about physical strength for women—it builds mental strength and has benefits outside of the gym.”

Arnold Schwarzenegger



SEE MORE OF HER WORK

# READY TO BOLDLY MAKE A MARK ON YOUR EVENT?

Inkwell MGMT is here to collaborate with you to bring Anne Marie Chaker's energy and expertise to your next event. Whether you're looking to inspire, motivate, or educate your audience, Anne Marie is ready to deliver a transformative experience.

Let's make it happen! Connect with Stevie Johns at Inkwell MGMT today, and together, what we create will be unforgettable.

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