



# Abigail G. Manning

Keynote Speaker

Impactful Storyteller

Change Maker

From the moment Abigail steps on stage, she captivates the audience and takes them on an engaging, thought provoking and inspiring journey. She weaves advanced storytelling with powerful takeaways, providing new insights on how to thrive. Her unique content creates a clear path on how to transform business obstacles into opportunities and personal struggles into life-long successes. Through her positivity, authentic connection with the audience and her remarkable examples of fortitude, audience members gain a growth mindset so they may prosper as individuals and teams.

## Galas & Conferences



## National Symposia



## Corporate Events



## Speaker Highlight Reel



### **To Thrive is a Choice** Keynote for Leadership & Their Teams

Leadership is hard! It has its own set of challenges and high-cost risks of failure. The world keeps changing and so do the needs to develop and retain talent. What worked yesterday isn't necessarily working great today and almost certainly won't work in the future.

Seeing past our blinders requires multiple strategies and new skills. A leader who celebrates their super-power strengths and recognizes their limiting beliefs, is an authentically inspiring and motivating leader who people trust and follow.

Dynamic leaders create a thriving and productive work environment where the entire team chooses to focus on business success and the advancement of each other. A place where people are better tomorrow than they were yesterday. A place where people want to stay and grow their careers.

This keynote shares unique tips for leaders and teams to thrive based on building strong skills of TRUST: Truth. Respect. Unity. Safety. Transparency.

Work more productively. Lead more effectively. Live more powerfully.

### **Rise to Challenges** Keynote for Advancing Leaders

Inspiring examples and enhanced leadership skills for Emerging and Advancing Leaders:

- Reframing: Eagles Don't Waddle
- Confident Communication
- Healthy Habits for Higher Performance
- Slay Stress & Build Courageous Teams

### **The Future You** Keynote for Life Transitions

Starting new or ending something old, life is full of tricky transition challenges. Now is the time to choose wisely to create the best future you, today!

- Academic: Welcome Day to Graduation
- Military to Veteran
- Life Tragedies to Life Triumphs

## VISTAGE WORLDWIDE RATINGS

Recommendation Rate: 96%

Quality of Content: 4.74/5

Quality of Deliver: 4.87/5

Applicability: 4.74/5



**“ Abigail is an excellent speaker. She is not only knowledgeable, but passionate and enthusiastic. ”**

- Dale Walls  
CEO Lions Guide



**“ Abigail has an amazing way of connecting with people, both young and old. She is honest, authentic, vulnerable, and truly cares about her audience. ”**

- Kim "KC" Campbell  
Bestselling Author, Senior Military Leader (ret.)



**“ Abigail cares more for strangers than most people care for their best friends or family - all heart! She is an expert in fighting through challenges and overcoming adversity. ”**

- Jon Macaskill  
Navy SEAL Commander (ret.)

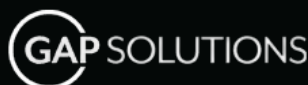
**“ IFCPP was recently lucky enough to feature Abigail Manning as a primary presenter for its annual international conference...Ms. Manning provided a timely, provocative, thought-provoking, and perfectly prepared session to a diverse audience...Her knowledge, professionalism, and enthusiasm are simply unparalleled. ”**

- Robert Layne,  
Exec. Director of International Foundation for Cultural Property Protection



**“ Abigail was a captivating speaker that kept our group engaged from beginning to end. She was open with the group...as a result, the attendees felt comfortable to share...and learn in depth about how to apply healthy culture in their businesses. ”**

- Alexa Pohl  
Executive Director TiE Rockies





# CONTACT INFO



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## We ALL Deserve to Thrive!





## IN-PERSON & VIRTUAL KEYNOTES

Additional Options: Fireside Chat, Q&A, Receptions and Workshops

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### INTRODUCTION

Abigail G. Manning is our Keynote Speaker. She is the Founder of Create Awareness, Change Lives and speaks internationally on professional development and personal empowerment. She is an impactful storyteller, weaving together true life stories with powerful key takeaways. Abigail shares insights from her Indiana University double major in Cognitive, Communication and Behavioral Sciences along with hard lessons learned from the trenches of life. She learned to thrive, not in spite of, but because of the obstacles she has faced. It is her mission to offer insights, inspiration and innovative life skills so we each can create the best path forward to lead more effectively and live more powerfully.



### CREDENTIALS

#### Education:

- Indiana University, Double Major with Cognitive, Communication and Behavioral Studies

#### Certifications:

- Situational Awareness Specialist (SAS)
- REAL - Relationship Education & Leadership
- safeTALK

#### Experience:

- Authentic Resilience and Life Skills learned by overcoming traumas including childhood abuse, domestic violence and Post Traumatic Stress (PTS)
- Two-time Entrepreneur

#### INTERESTING FACTS

- Single parent and proud mom of U.S. Marine daughter and son
- Volunteer at Veteran non-profits
- Outdoor enthusiast often found trail running, paddle boarding or skiing
- National Award Winner for Resilience

# PROMOTIONAL PHOTOS



## PURPLE THREADS



Limiting Personal Thoughts connected to Past Traumas that become Physiologically Tied to what we #ThinkSayDo

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