

ANNE ALEXANDER

LEADER, AUTHOR, SPEAKER

Inspiring people to
wake up
and "Get Going"



SOULFUL SUCCESS

- Global Influencer
- High energy, humble heart
- Author of two NYT bestsellers
- Editor in Chief: National Geographic Prevention and Mindful.org
- Featured on Oprah, Today Show
- Find what's calling you & do it

Anne is a superb life coach and guide for finding your path in life.

Lt General Walter E. Piatt
Director of the Army Staff
Department of Defense
Pentagon, Washington DC

PARTIAL CLIENT LIST - RECENT

- MINDFUL.ORG - conducted live online events with 1000+ people, chats & conferences
- YOGA JOURNAL hosted live "Joy" interview series
- JUXTAHUB - providing media and brand support

COLLEGES & UNIVERSITIES

- PENN STATE - Adjunct Professor, Public Speaking
- LAFAYETTE COLLEGE - Keynote on Women & Leadership
- LAUNCH BOX LADIES - Speaker on Branding for Startups
- LEHIGH UNIVERSITY - Guest judge, student "Shark Tank"

Inspiring leader and exceptional mentor. If you have the chance to work with Anne, DO IT!"

Sara Altschul
Award-winning
journalist and
bestselling author

“A powerful speaker and now an interfaith minister, Anne will inspire audiences to bring out their highest self with humor, passion, honesty and even the occasional f-bomb!”

Kathleen Regan, President
All Faiths Seminary International



Signature
talk

GET GOING

WAKE UP TO WHAT'S CALLING YOU & DO IT

Tired of feeling stuck, fearful, lost or confused? That's great, because it's the perfect place to start.

With her trademark honesty and humor, depth of life experience (good, bad and ugly), roots in health, science, self-compassion, and soulful spirituality, Anne will inspire and empower you to "get going" and embark on the most extraordinary journey of your life.

GET STARTED

While many top executives encourage people to "Go Big" or "Lean In," Anne's advice is "Go In." DISCOVER WHO YOU ARE. Start navigating life by tuning into your head and your heart using neuroscience, simple practices and the wisdom of ancient traditions.

Learning how to tune in, listen deeply -- *knowing* -- what is calling to you is essential to waking up your inner power. "Get Going" with confidence and courage to create a life path that's unique to you, see new opportunities and tap into the phenomenal force of synchronicity.

CONTACT

- VISIT AnneAlexander.com
- WRITE anne@annealexander.com
- CALL/TEXT 484-201-0231



MORE
previous works
Visit SoulCandy
& podcast



SOULCANDY