

ANNE ALEXANDER

LEADER, AUTHOR, SEEKER

Inspiring young women to unleash their potential & lead extraordinary lives.

Anne brings
SUCCESS + SCIENCE + SPIRITUALITY
uniquely inspiring

- Author of two NYT bestsellers
- Global leader, National Geographic Mindful.org and Prevention
- Featured on Oprah, Today Show
- Health & wellness expert
- Yoga & meditation teacher
- Spiritual interfaith minister
- Founder, SOULCANDY



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

3 SIMPLE RITUALS TO CREATE YOUR EXTRAORDINARY LIFE

Stop feeling overwhelmed, getting stuck in fear or people-pleasing and start navigating life with confidence and courage in a few minutes a day.

With her trademark honesty and humor, Anne shares how you can create a daily routine -- with a favorite mug, dream chair and a home-made "magic jar" -- as your personal toolkit for unleashing your greatest potential and leading an extraordinary life.

START THE JOURNEY INTO YOU

While many top female executives urge young women to "Go big" or "Lean in," Anne's advice is "Go in." DISCOVER WHO YOU ARE, learn how to navigate your life using your head and your heart. By learning how to listen deeply -- *knowing yourself* - you can unleash your greatest potential, tap into phenomenal power, see new opportunities and live with purpose, passion and awesome synchronicity.

"You are here to express yourself, not live in fear, self-doubt or people-pleasing." With cutting-edge science, successful life experiences and ancient wisdom, Anne motivates you to step into your authentic power and live your own extraordinary life.

CONTACT

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SoulCandy.com and podcast
are creative works in progress **SOULCANDY**

