



LouAnn Clark

Keynote Speaker

Author of *A Decided Difference*

Keynote Topics

Use Your Inside Voice:

How to Turn Your Inner Critic into Your Inner Coach

If you have a critical voice inside your head that drives you relentlessly toward unrealistic standards, you may give up before you even begin. How can you stop harsh self-judgment from sabotaging your efforts to grow and achieve more success? How about turning that inner critic into an inner coach? We know we are capable of doing, being, and having more, if only we could get motivated and maintain change. In this session, you will learn how to do just that.

The Ultimate DIY Project:

How to Fix Up Your Thinking

Thinking is a skill. It is learned, and it can be improved with practice. Unfortunately, most of us just picked it up by observing those around us. By deliberately learning to improve your thinking skills, you can dramatically improve your success while minimizing anxiety and negative emotions. In this session, you will gain the tools to tinker with your own thinker.

If You Only Knew:

What Would You Do If You Only Knew You Could?

What is stopping you from going after the goals you only dream of? You are not too lazy, too old or too young, or even too busy. If you change your perceptions of yourself and your environment, you can see possibilities instead of limitations. In this session, you will open your mind to start your journey to the life of your dreams.

About LouAnn

After two decades battling depression, LouAnn Clark learned to take control of her own thoughts.

Now, more than 20 years later, she shares practical techniques to overcome stress and anxiety. A dynamic storyteller, she takes a refreshing, skill-based approach to change, connecting with audiences and inspiring them to rise above their previous limits.

What others say

"An amazing storyteller, delightfully funny, and connected with the audience in a way that most speakers can't."

"Thought-provoking, brilliant and emotionally intelligent."

"LouAnn's presentation was both relevant and eye-opening."



louannclark.com



louann@louannclark.com



270.577.3266