

Ann Bernard

Confidence & Character Builder

Motivational Speaker

Entrepreneur

*“You don’t need it all to have Confidence
BUT you need Confidence to have it all”*



Presentations: Keynotes, Workshops, Breakout Sessions, Seminars & Webinars

Adapt, Improve and Overcome

Best Fit Audiences : Entrepreneurs, Employees undergoing change

Description: Most people know the Marine Corps expression Semper Fi – but what about the expression Semper Gumby? In this presentation, Ann delivers the reasons why and how to stay flexible, learn to adapt, be willing to change, and think outside the box.

Got Character?!?

Best Fit Audiences : Organizations, Non-profits and Corporations

Description: This is a high energy presentation with heavy doses of reality packaged around a lot of humor. There’s a decline of character in our society, in all of us, and it’s time to revive what is good and right. This is an eye opening presentation designed to make people laugh and think about how they can improve their character.

Accountability and Leadership by Example

Best Fit Audiences : Leaders and managers at all levels

Description: You need personal accountability to reach the coveted ability to lead by example. So what is personal accountability and why is it so difficult to achieve? The best leaders in the world know the answer and you can too. This presentation is excellent for leaders and managers of all levels and comes with a side order of humble pie!

There are Bed: Facing

Best Fit Audiences: Everyone

Description: Many people stop short of living their dreams and fulfilling lives because they are plagued with fears. The fear of failure and the fear of success are more common and alike than what most people realize. In this presentation, Ann helps her audience identify, name and begin to plan how to overcome their fears.

No Monsters Under Your Your Fears

Book Ann Bernard - (504) 383-4283
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Ann Bernard joined the Marine Corps at the age of 17. She spent over 12 years on active duty and still serves in USMCR as a Major. After leaving active duty, she followed her aspirations and entrepreneurial calling. She failed first at getting a Coaching Agency off the ground and next at getting a web-start-up funded, in order to take it to the next level. Her learning curves have always been steep and although the failures were setbacks—they were far from being the end.

Ann went back to school to get her BS in Psychology, and dabbled in various endeavors to make ends meet to include social media consulting. Eventually, her entrepreneurial endeavors took her full circle—back to helping people grow and improve who they are.

Ann brings energy, passion, dedication and commitment to everything she does. She believes in leading by example.



PERSEVERANCE

COMMITMENT

MOTIVATION



INTEGRITY

CONFIDENCE

SELF-DISCIPLINE

CHARACTER

FLEXIBILITY

PASSION

Failures are Opportunities on the Road to Success

Best Fit Audiences : Organizations, Non-profits and Corporations

Description: In every failures and mistakes we make are opportunities to grow and learn however, realizing and maximizing those opportunities is much easier said than done. Ann brings her many experiences with failure to this presentation to not only bring hope to her audience but also the tools and skills needed to turn failures into success. Turn failures into opportunities!!

What It Takes to Succeed to the Next Level

Best Fit Audiences : Employees in need of guidance

Description: The skills that make you a great employee are often not the only skills that are required in order to make it to the next level. What it takes to become a manager or move up the ladder are soft skills and leadership traits. Ann delivers a presentation that leaves her audience with an entirely new perspective on the importance of soft-skills and embracing new challenges.

Believe in Yourself—Follow your Dreams

Best Fit Audiences : All who have forgotten to dream

Description: Life happens...we experience failure, disappointment we get busy and we get overloaded with responsibility—our dreams get buried or even die. Dreams are incredible motivators and change agents. This presentation will re-awaken your dreams and give you the tools to follow through on them. Learn to dream and take actions in order to live your dreams. You will walk away renewed, filled with new ambitions and hope for the future.

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ASSERTIVENESS

MORAL COURAGE

IMAGINATION

WILLPOWER

WORK ETHICS

LEADERSHIPS

DETERMINATION

POSITIVE ATTITUDE

In Ann's Own Words

I spent many years struggling and facing more than my share of challenges, hardships, disappointments and heartbreaks. They brought me pain, suffering, tears, frustrations and a lot of anger. One day, I realized what was happening to me was a gift to help me build the character, confidence and perseverance I needed to reach my true potential. All my experiences have helped me grow into a better human being. They have humbled me.

In every one of my speeches, workshops and seminars I lay before the audience my flaws, shortcomings and the mistakes I've made because they have been my greatest and most valuable teachers.

My calling is to help people embrace the journey of self-growth and self-improvement. No matter what we choose to do in life—be an entrepreneur, employee, stay-at-home mom, or artist, etc., we have a duty to grow and improve who we are as a person. There exist no worthier goal or challenge.