



ANN THOMAS

LIFE TRANSITIONS EXPERT

MEDIA KIT

KEYNOTES | WORKSHOPS | RETREATS | PANEL DISCUSSIONS
Virtual | In-person

www.authenticallyann.com

ABOUT ANN

Ann Thomas is a Life Transitions Expert and certified coach who helps high-achievers navigate some of the most pivotal moments of their lives—from external changes like moving or career shifts to internal transformations like identity reinvention and burnout recovery.

With a background as a legal executive and over a decade of coaching experience, Ann brings a rare combination of **strategic clarity and emotional depth** to her work. She is known for her ability to hold space for complex experiences while guiding people toward grounded, aligned decisions.

Over the last 30+ years, Ann has been invited to speak for organizations, professional groups, and communities on topics related to resilience, identity, and navigating change.

SIGNATURE TALKS



NAVIGATING LIFE TRANSITIONS WITHOUT LOSING YOURSELF

How to move through major life changes—divorce, relocation, burnout, or career shifts—without disconnecting from your identity and inner voice.



THE HIDDEN COST OF HIGH ACHIEVEMENT

Why high-performing individuals often experience burnout, emotional suppression, and identity loss—and how to rebuild in a more sustainable, aligned way.



FROM PEOPLE-PLEASING TO SELF-TRUST

Understanding the deeper roots of people-pleasing and learning how to make decisions that are aligned, clear, and self-honoring.



REBUILDING AFTER A LIFE DISRUPTION

A grounded framework for moving forward after a major life event—emotionally, mentally, and practically.

TAP OR SCAN BELOW TO BOOK A COMPLIMENTARY CONSULTATION



WHAT MAKES ANN DIFFERENT?

- Integrates practical strategy + emotional intelligence
- Speaks from lived experience, not just theory
- Bridges external decisions (housing, life logistics) with internal transformation
- Creates a space where audiences feel seen, understood, and empowered