

SPEAKER · AUTHOR · HUMAN POTENTIAL EXPERT

ANN THOMAS

*Personal transformation for those
who are ready to stop performing
and start living.*

30+ YEARS SPEAKING PROFESSIONALLY

2K+ LARGEST SINGLE AUDIENCE

100+ SPEECHES GIVEN

3S SIGNATURE FRAMEWORK

CEO · Chief DEI Officer · Attorney · Professional Coach
Published Author

MEDIA KIT

www.authenticallyann.com



About Ann

HER STORY

Ann Thomas has been transforming rooms since she delivered her first keynote at twenty years old. More than three decades and thousands of audience members later, she does something rare: she makes people feel seen and challenged at the same time.

Ann's life is her curriculum. She has navigated four divorces, single motherhood, racism, family alienation, sexual abuse, and the kind of identity evolution that most people never survive — let alone turn into wisdom. She has been a CEO, an activist, an attorney, a professional coach, and a Chief DEI Officer at one of the nation's leading law firms. She is a published author and a deeply intuitive thinker whose work sits at the intersection of personal transformation, metaphysical principles, and the hard-won clarity that only comes from doing the actual work.

Ann doesn't offer inspiration that evaporates by Monday. She offers frameworks, permission, and the particular relief of hearing someone say out loud what you've been quietly living. Her audiences leave with something they didn't have when they walked in: a different relationship with themselves.

She is the founder of Authentically Ann, a personal transformation business with global reach, and the author of the forthcoming memoir *I Choose Me Now*.

What Makes Ann Different

- Speaks from decades of lived experience, not just theory
- Integrates intellectual rigor with emotional + spiritual depth
- Bridges personal transformation with systemic awareness
- Creates space where audiences feel seen, challenged, and empowered

WHAT AUDIENCES SAY

“Ann Thomas delivered a masterclass and an engagement workshop for our group of female commercial real estate leaders. Her ability to translate complex insights into actionable strategies, all while maintaining a commanding yet relatable presence, was truly impressive. She didn't just present to the room; she energized it, leaving our members feeling both empowered and expertly equipped to level up their careers.

— **Ashley Choi**

DEI Board Chair, CREW KC (former) · Founder, Charlotte Street Marketing

“Ann is an incredibly engaging and dynamic speaker who led firmwide DEI plenaries, facilitated thoughtful discussions, and provided guidance on professional conduct and navigating law firm culture. Her ability to connect with people while fostering meaningful conversations around inclusion and professional development made a lasting impression.

— **Leigha Jensen**

Manager of Recruiting, AmLaw 150 Law Firm

“If I had to use one word to describe my experience with Ann it would be thought-provoking. The exercises Ann provided at the retreat gave me the insight I needed to find the cause of my sadness — and led me to find my true calling. For this, I will be eternally grateful.

— **Irma Queen**

Attorney

“Ann Thomas is a compelling speaker. You believe what she says, as she communicates not only with passion, but with purpose and offers a plan. Her unfailing belief in your capacity to evolve comes across. Only the most stubborn can deny her.

— **Anonymous**

Law Professor

Signature Talks

FLAGSHIP TALK

Authentically You: The Path from Performance to Presence

BEST FOR:

Leadership conferences · Women's summits · Corporate culture & belonging · DEI programming · Entrepreneurship & professional development events

OVERVIEW:

Most people have spent so much time managing how they are perceived that they've lost track of who they actually are. This is the talk that gave Ann's entire business its name — and it is the one that lands hardest. Ann speaks from the body of someone who has reinvented herself continuously across careers, relationships, and identities that society told her were incompatible. She makes a deeply personal case for authenticity not as a lifestyle brand concept, but as a survival strategy and a personal growth practice.

THE TAKEAWAY:

Audiences leave understanding that the version of themselves they've been performing is exhausting in a specific way — and that the path to ease and effectiveness runs through authenticity.

Keynote (45–90 min) · Half-day workshop · Retreat intensive · Virtual or in-person

COMPANION TALK

The Grey Area: Why Nuance Is the New Superpower

BEST FOR:

Leadership & executive conferences · Corporate teams · DEI & belonging summits · College campuses · Progressive organizations

OVERVIEW:

We live in a world starving for nuance and doesn't know it. Polarization isn't just a political problem — it's a personal one. Ann reframes "grey area" thinking not as moral weakness but as one of the most sophisticated and healing capacities a human being can develop. For organizations navigating a divided world, this talk is a practical reset.

THE TAKEAWAY:

Audiences leave with a new lens for conflict and self-understanding — and the relief of realizing life's hardest questions don't need a verdict. They need more room.

Keynote (45–90 min) · Workshop · Panel discussion · Virtual or in-person

COMPANION TALK

Dark Nights and Dawn: Surviving the Seasons of Your Soul

BEST FOR:

Women's conferences · Mental health awareness events · HR & coaching professionals · Corporate resilience programming · Cultural summits

OVERVIEW:

There are experiences that don't just shake you — they unmake you. Drawing on her own multiple dark nights of the soul and decades of personal transformation work, Ann maps the terrain of profound personal crisis with enough honesty to be validating and enough framework to be useful. This is not a talk about silver linings. It is a talk about what it actually takes to come through.

THE TAKEAWAY:

Audiences leave with language for what they've been through, permission to still be in it, and understanding that their darkest seasons were not detours — they were the work.

Keynote (45–90 min) · Workshop · Retreat intensive · Virtual or in-person

COMPANION TALK

The Body Knows: Learning to Trust Your Most Ancient Intelligence

BEST FOR:

Wellness conferences · Women's summits · Corporate burnout-prevention programming · Integrative health events · Professional development for coaches & practitioners

OVERVIEW:

We live almost entirely in our heads. We override fatigue, ignore tension, and push through signals our bodies have been sending for years. This talk makes the case — compellingly, warmly, and with some humor — that the body is not an inconvenience to be managed. It is a wisdom system that has been trying to tell you something. And in a culture of chronic overdrive, learning to listen may be the most radical act of leadership available.

Ann brings together her intuitive depth, her own healing journey across all four dimensions (mental, emotional, physical, spiritual), and an accessible framework for what it actually looks and feels like to begin trusting the body's intelligence. This isn't a wellness talk in the conventional sense. It's a talk about self-trust — and about what becomes possible when you stop overriding the most honest part of yourself.

THE TAKEAWAY:

Audiences leave with a new relationship to their own physical experience and practical entry points for beginning to hear — and honor — what the body is saying.

Keynote (45–90 min) · Workshop with somatic experiences · Virtual or in-person

Book Ann

Ann is low-maintenance, high-impact, and genuinely invested in the success of every event she takes the stage at. She customizes every talk for her audience. She does not do generic. She does not do preachy. And she always makes time for the people who need a moment after.

ANN IS AVAILABLE FOR

- **Keynote Addresses**
Corporate, conference, and cultural stages
- **Workshops & Intensives**
Half-day or full-day — in person or virtual
- **Retreat Facilitation**
Immersive multi-day transformation experiences
- **Panel Discussions**
Moderating or participating

TOPICS ANN SPEAKS ON

- Personal transformation & reinvention
- Authenticity and identity
- Navigating systems not built for you
- Healing across all four dimensions
- Empathy, boundaries & the empath experience
- Nuance, polarization & inner peace
- The body's intelligence · Dark nights of the soul
- Belonging & self-concept · Intuition as leadership tool

Contact

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BOOK A SPEAKER CONSULTATION

Scan or tap to schedule:



tidycal.com/ann/speaker-consultation

A high-resolution headshot, logo files, and A/V requirements sheet are available upon request.