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Anne Grady is not your typical motivational speaker. She is a best-selling author, two-time TEDx speaker, trainer, survivor, optimist, inspirer, and a truth-bomb dropper.

EXPERIENCE

Anne has a master's degree in organizational communication and has spent the last twenty years working with some of the largest organizations around the globe.

She has become known as a leading expert on resilience, emotional intelligence and leadership, contributing to Harvard Business Review, Entrepreneur, Fast Company, Inc. Magazine, FOX Business and many more.

Audiences love her raw honesty, edgy humor, authenticity, and insight. Anne shares inspiring personal stories, cutting edge, research-based content, and implementation tools to transfer learning into real life to improve relationships, navigate change, and triumph over adversity. And she'll make you laugh while she does it.

In her first two books, Anne provides practical strategies to improve relationships, increase productivity, and reduce stress.

In her new book, **Mind Over Moment: Harness the Power of Resilience**, Anne shares her science-based approach to help you become aware of your thoughts, feelings, and behaviors in the moment in order to break out of reactivity and live your life on purpose.