



Snap Out of it NOW!®

SnapOutOfItNow.com
800.753.1417

with Dr Adrienne Ahern
(As seen on Public Television)

Presenter Introduction

Important note: To establish credibility and set a positive, upbeat tone, Adrienne offers the following as an introduction to her presentation.

I'd like to introduce Dr. Adrienne Ahern, our keynote speaker. We invited Adrienne because her message is particularly inspiring and practical. Dr. Ahern doesn't just talk about motivation and improving performance; she has studied the neuro-science underlying performance barriers and has created user-friendly techniques to remove them to achieve success.

Dr. Ahern's credentials are impressive:

- Two Masters degrees and a Doctorate from the California School of Professional Psychology;
- 15 years clinical experience, including 6 years at the prestigious Scripps Hospitals in La Jolla, California;
- Author of two books, **Snap Out of it NOW!** and **Back in Charge!**, and the national public television special, "**Snap Out of it NOW!**"

Adrienne's work has significantly enhanced the performance of hundreds of clients, from CEO's to top athletes. Today, she'll offer us specific tools to apply not only to our professional lives, but also to our personal lives.

Dr. Ahern's motto is "Face it or get chased by it!" and as Olympic Gold Medalist and WNBA All-Star Tamika Catchings, says:

"The techniques that Dr. Ahern teaches can do wonders for all of us. **Snap Out of it NOW!** Take control of your life and don't look back. Challenge yourself to form your own destiny."

Please welcome Dr. Adrienne Ahern!

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Speaking demo, testimonials, and references available on the website.
For booking information or to discuss specific needs for your event
please contact the office of Dr. Adrienne Ahern at 800.753.1417