



# JOAN FRANCES MORAN

Creative Thought Leader

BOOK JOAN NOW

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www.joanfrancesmoran.com

Learn to be a creative thought leader and transform your mind with Joan Frances Moran, gifted speaker, author and writer. A bold, 70-year-young keynote speaker, Joan has been inspiring, motivating and teaching management, employees and business leaders with her 25 years combined experience in theater and as a yoga and meditation instructor at UCLA.

Her humorous and poignant memoir, *60, Sex & Tango, Confessions of a Beatnik Boomer*, has made Joan a boomer favorite. Joan's companion piece to her memoir, *I'm The Boss of Me! Stay Sexy, Smart & Strong At Any Age*, a compilation of her most popular blogs, demonstrates that it's possible to age gracefully, find an authentic voice, pursue a passion or two and discover a spiritual balance—all while living with joy and positive energy.

Joan effortlessly teaches about the dual wisdom of creativity and personal fulfillment. As a creative thought leader, Joan's offers an innovative and effective platform to change mental habits, build healthy mental habits, increase productivity, enhance creative decision-making, and encourage work/life balance.

Her *Mind Fuel Tools for Life Renewal* gives her audiences the secrets that inspire creativity in the workplace, encourage adaptation to change, and achieve work/life balance. Joan is taking personal fulfillment to a new level by empowering business leaders, management and employee to create a creative path to personal and professional success.



"Joan, YOU were a large part of the success of the conference. I cannot tell you how grateful I am to you. I have heard nothing but the most glowing comments about your presentation."

Dianne Belli, CAO, Keiro  
Senior HealthCare

"From the moment Joan began her talk with a headstand she had the audience hanging on to her every word. She has tremendous vitality, resilience, and zest for living."

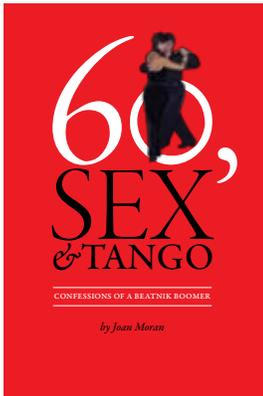
Georgia Yoshioka,  
Audience Member

"Joan was an amazingly engaging speaker whose use of humor and candidness left me feeling completely capable of achieving anything. It is very rare to meet someone who is so positive and encouraging that you leave feeling you can take on the World and win!"

Kate Michelle Sleeth,  
American Women In Science

"You were delightful, inspirational and provided a fantastic educational experience for WIPA USA (Wedding Industry Planners Association)."

Rhonda Couchigian, Educational Chair,  
WIPA USA



In her inspirational memoir, entitled *60, Sex & Tango: Confessions of a Beatnik Boomer*, Joan has demonstrated a whole new meaning for zestful living. Her passion is seamlessly transferred from being an Argentine Tango dancer that has graced dance floors from Europe to South America, to teaching yoga and meditation in Los Angeles. Your passions will soar after reading this highly uplifting journey laced with wisdom and laughter.



## POWERFUL KEYNOTES

### **Time to Take Center Stage: Excelling at Work/Life Balance**

- Streamline time management by practicing daily intentions
- Reduce stress & self-defeating limitations
- Exercise mindfulness and be present to everyday gifts
- Reduce personal stress and attract positive relationships

### **Creativity in Business: Transform Your Workplace**

- Improve employee dynamics with effective listening techniques
- Maximize sensory awareness & enhance social intelligence
- Increase interpersonal skills & enhance work culture
- Learn creative thinking skills & ignite innovation

### **Mindfulness As A Management Skill**

- Foster a mind-set that understanding is crucial in motivating people
- Recognize that everyone is capable of achieving more
- Encourage the development of future leaders
- Increase your control, professional performance and responsibility of actions
- Overcome resistance in your personal and professional life
- Inspire others to lead by thinking smart & redirecting negative energy into positive results
- Improve leadership practices by empowering staff
- Maximize human potential by leading with a clear vision

### **The Art of Reframing Age: Stay Sexy, Smart & Strong**

- Take care of Yourself and Not Just Others
- Set Boundaries in Personal and Professional Relationships
- Face Life's Challenges and Changes Joyfully
- Learn from Your Mistakes, Forgive Yourself and Move On
- Learn to Develop a Greater Sense of Personal Awareness

## INNOVATIVE & INTERACTIVE WORKSHOP

### **Mindfulness As A Management Skill**

- Fosters a mind-set that understanding is crucial in motivating people
- Produces a culture of listening and staying present
- Enhances clarity of thought, improves communication and inspires creativity
- Recognizes that everyone is capable of achieving more
- Encourages the development of future leaders
- Increases control, professional performance and action accountability

### **Meet Me at The Water Cooler: Improvisation & Creativity in The Workplace**

- Improve employee dynamics with effective listening techniques in the workplace
- Impacts sensory awareness as a prerequisite to problem solving
- Increase interpersonal skills & enhance work culture

**Joan's Powerful Life Techniques Will  
Catapult Your Employees To Success!  
Book Joan at Your Next Event!**

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### **ADDITIONAL MEDIA**

- Time Warner Cable, Austin, TX
- KUVU, ABC, Morning Daybreak, Austin, TX
- Fox 11 "Good Day LA"
- Guest Writer/Blogger: Huffington Post, Finer Minds, MindBodyGreen
- Book Beat & T Build Up Your Biz with Jean-Noel Bassior
- Guest Interview: Progressive Radio Network (interview with Dr. Diana Wiley)
- Featured Expert: The Pat Burns Show (Boomer Generation)
- Guest Panelist: Center for Longevity Conference
- Guest Expert: Blog Talk Radio: Abundant Business Knowledge with Mary Mora

### **CLIENT LIST**

Gaia's Essence, Motion Picture Television Fund Women's Conference, Child Care Food Program Roundtable, Torrance CEO Mastermind Group/Creativity in Business, California Associations Institute, Young Presidents Organization, Wedding Industry Planners Association, Kiero Healthcare Center, UCLA Center for Wellness, Texas Women In Business, California Institute of Technology

