



MARTHA LANIER


"Our life experiences shape us into who we are. Here are some of my experiences that have made me who I am today."

Speaker Once petrified of speaking, Martha now thoroughly enjoys sharing her personal experiences to motivate others to think BIG, stretch their comfort zones and begin living a life of unlimited possibilities.

Coach She enjoys brainstorming, listening and asking questions of her clients to help them use their full potential and reach bigger goals faster.

Author Co-author of three books:
[303 Solutions for Dropping Stress and Finding Balance](#)
[303 Solutions for Accomplishing More in Less Time](#)
[303 Solutions for Developing the Leader in You](#)

Entertainer She graduated from the Jeff Justice Comedy Workshope and has performed at the Punch Line Comedy Club in Atlanta, GA.

Skydiver She celebrated her 50th birthday skydiving with her daughter and was featured in 

Wife She has been married for over thirty-five years to her best friend whom she has known since they were ten years old and in the fifth grade together.

Mother & Grandmother She has a daughter who is a graduate of the University of Florida, a licensed physical therapist, certified aerobics and Pilate's instructor, married and the mother of three little boys.

She has a daughter who is a graduate of the US Naval Academy and served as a C-2 pilot in the Navy for two tours of duty in the Middle East on board the aircraft carrier, the Constellation. She is married and the mother of a little girl.

She has a son who is a graduate of Wingate University, a former college football player, a rugby player, married and the father of two little boys.

Caregiver She was the primary caregiver for her mother who suffered from Alzheimer's disease.

Volunteer She is a donor for both blood and blood platelets.
She has worked to build a Habitat for Humanity home.
She is a Sunday School teacher (former class president), usher and served on the Advisory board.

Additional interesting facts:

She has been a Girl Scout, cheerleader, synchronized swimmer, swimming instructor, ballet dancer, cross-stitch designer, painter and wallpaper hanger, can fix almost anything (except electrical), water skier, snow skier (with great difficulty), never a vocalist, ridden a Harley and has retired from cooking.

Previous work experience:

HR Director, Office Manager; VP Relocation Services and REO specialist; Executive Administrative Assistant and Medical Administrative Assistant.

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