

# Martha Lanier

## Energetic ... Positive ... Authentic ...

Open or close your next meeting with an energetic, informative speaker who works with women in organizations who want to control life's stresses and enjoy a life of resilience.

MARTHA LANIER has an unrelenting belief that we are each capable of achieving far more than we think is possible... whether it is competing in a triathlon or just taking time for ourselves. Participants in her programs are inspired to believe in themselves and achieve extraordinary results.

She honed her expertise while facing her own fears and overcoming one obstacle after another. Once petrified of taking risks, she triumphed over her fear of speaking in front of groups, at 50 jumped out of a perfectly good plane and has survived both breast cancer and a heart attack. To celebrate her first anniversary of being cancer free, she competed in the Aflac Iron Girl Sprint Triathlon.

Audiences are intrigued as key points are vividly reinforced through her animated stories. During her career she climbed the corporate ladder from administrative assistant, through the ranks to vice president, and then to business owner. Based in Atlanta, Georgia, she travels the country delivering her messages of power.

### PROGRAMS:

- The Power of Resilience– Managing Life's Stresses
- The Power of Choice – Overcoming Self-limiting Barriers
- The Power of Understanding – Improving Relationships
- The Power of Influence – Implementing Practical Leadership Skills

### AUDIENCES ARE:

- Empowered to break through self-limiting barriers
- Inspired to believe in themselves
- Motivated to take immediate action

### MARTHA LANIER WILL:

- Inspire attendees to feel positive and open to new ideas long after her program has finished
- Support meeting planners in producing a memorable and successful meeting



**Breast Cancer Survivor  
Iron Girl Triathlete  
Heart Attack Survivor  
Skydiver, Author**

*“Your great presentation skills and ability to hold the audience’s attention were unmatched; additionally the personal stories and anecdotes were excellent. The message was very inspiring and uplifting.”*

Nadia Turner, GE Women’s Network

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*“From the moment Martha walked on stage, she held us all captive with her humor and enthusiasm. She used her real life situations to relay her message and everyone could relate to her at some point during her speech.”*

Angela Hosch, International Assoc. of Administrative Professionals Georgia Chapter

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*“Martha was a dynamic, inspiring speaker for our Executive Women... She reminds her audience in a delightfully entertaining way that the true key to meeting life’s challenges is through a positive attitude... her passion and enthusiasm are so contagious; her anecdotes spring to mind unexpectedly for weeks after hearing her! She is one very remarkable woman!”*

Judy Frink, VP Programs  
Bartow Executive Women

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