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ANA MCKENNA

GROWTH & BUSINESS
COACHING

Ana McKenna Speaking & Events

(Live, in-person and virtual events)

Real. Relatable. Authentic.

Drawing from her 20+ years of military service, leadership and entrepreneurship, Ana weaves all of it into dynamic, high-energy presentations that can be tailored towards any audience. Delivered with humor and a hefty dose of real-talk, Ana focuses all of her speaking on what audiences can take away with them as actionable tools, inspiration and motivation to get to the next level.

Ana features two keynote presentations:

1. The Get Your Sh*t Together Workshop.

When life leaves you feeling overwhelmed, stuck and like you can't get any traction, what is your next step?

Assess where you're at, and start making your plan.

Ana's most requested keynote is the key to self-assessment and making that plan.

This workshop-based presentation has audiences digging deep within themselves in a way that feels supported and accepted. Ana shares her story and her process that helped her to rebuild her own life, personally and professionally, blending just a touch of the "woo" with a lot of the practicality that moves the needle for people when it comes to mindset, money, wellness, relationships and career. Easily tailored toward any audience, the workshop can be emphasized in any of those areas to help people ascertain where they currently are, formulate a doable plan for where they need to go, and leave with the next step in hand.

Ana's unique blend of motivation, humor and step-by-step coaching takes attendees through identifying and working through their pain points and struggles and gives them the practical tools they need to grab some quick wins and do the next right thing in achieving their goals, all while feeling motivated and inspired.

Get back to the basics with Ana, and start to move forward in designing the life you want for yourself.

2. Be. Her. Now.

Women who have more money and more power do more good in this world- for themselves, for their families, and for their communities. How can simply starting a side hustle or business change your whole life, and the lives of those around you?

What do your goals for your life look like?

How can you have more financial security, more fun experiences, and more peace in your life?

In this presentation, Ana delivers the nuts and bolts of figuring out how to start the RIGHT business, how to capitalize on your strengths, balance weaknesses, and how to choose what NOT to do when it comes to businesses and opportunities. She talks about her many business experiences in MLMs, retail, real estate, brick and mortar and online businesses and shares the steps in determining the right steps to take when considering starting to build a business and a legacy of your own.

Ana's presentations take your attendees on a journey that is relevant, humorous and real, and she believes in her audiences walking away with tools they can use to level up in their businesses and their lives.