

DawnaStone

Author | Entrepreneur | Motivational Speaker



Speaker Kit 2013

A SPEAKER WHO CONNECTS



Dawna Stone is a speaker who connects.

With her enthusiastic approach and genuine interest in her audience, Dawna educates, motivates, and ultimately inspires others to achieve their own personal success. Her positive energy radiates throughout the room, and her passion to help others succeed is obvious.

Combining concrete advice, real world examples and humorous anecdotes, Dawna not only engages her audience, she moves them to take action and make lasting changes to their lives.

Dawna speaks to business groups, health and fitness groups, companies, corporations, government agencies, associations, academic groups, and nonprofits.

In addition to her live speaking engagements, Dawna is a regular guest on national radio and television. Her refreshing, straightforward approach and insights inspire and motivate people to be themselves while succeeding in business and life.



"There are motivational and inspirational speakers. Then, there's Dawna Stone who takes the art of public speaking to the highest level. Full of energy, charisma, insight and knowledge, Stone keeps the audience so mesmerized that the waiters stop serving dessert so they can listen. On a scale of one to ten, I'd give Dawna an eleven!"

Catherine Masters

Executive Director,
Women's Sports Cares

Dawna is available to speak on a number of topics including:

Building the Life You Want and Deserve

Change Your Body, Change Your Life

Clean Eating

Find Your Passion

Getting Ahead in Your Career

Make Time for Your Health

Quick and Permanent Weight Loss

Taking Control of Your Life

The 5 Simple Keys to Personal Success

Think Big, Achieve More

ABOUT DAWNA STONE



Dawna Stone is an author, entrepreneur, motivational speaker, self-made millionaire and health, fitness and wellness expert.

Through her new book, "HealthyYou! 14 Days to Quick and Permanent Weight Loss and a Healthier, Happier You", as well as frequent local and national television, radio and speaking appearances, Dawna serves as a role model and inspiration to men and women everywhere.

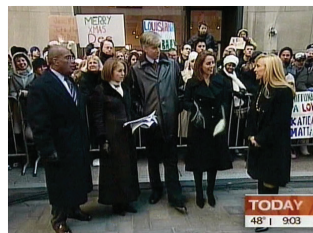
As founder of *Women's Running* magazine and the Women's Half Marathon series, Dawna has helped thousands lead healthier lives. She has also served as a celebrity spokesperson for the American Heart Association's "Go Red for Women" campaign and contributed health and wellness articles to numerous newspapers and magazines.

In 2005, Dawna appeared on and won NBC's "The Apprentice: Martha Stewart".



She spent the following year working closely with Martha Stewart developing a variety of projects for Martha Stewart Living Omnimedia including *Body+Soul* magazine (now *Whole Living*).

Dawna has appeared regularly on television series like "The Today Show" and "MARTHA", channels like MSNBC and morning news programs on all four of the big networks—NBC, CBS, ABC and Fox. She also hosted her own show on Sirius Satellite Radio called "Health and Fitness Talk with Dawna Stone" as well as a regular television segment on Fox called "Healthy Living with Dawna Stone."



Previous Speaking Engagements

American Heart Association
– Go Red For Women Annual Luncheon
eWomenNetwork Dinner
Florida Magazine Association Annual Conference
Florida Public Relations Association
Florida Road Runners
ING Georgia Marathon
International Association of Business Communicators Southern Region Conference
Leukemia & Lymphoma Society Team in Training
Marine Corps Marathon
Marketing Women's Sports Conference
Mass Mutual Sales Conference
P.F. Chang's Rock 'n' Roll Arizona Marathon
Raymond James
Raytheon
Snowmass Wellness Expo
Subaru Women's Triathlon Fitness Expo
Super Bowl Leadership Business Forum
Susan G. Komen for the Cure
Tampa Bay Success Summit
Tampa Bay Technology Forum
The Crohn's & Colitis Foundation of America (CCFA)
The Leukemia & Lymphoma Society (LLS)
Walt Disney World Marathon
WE TV
Women's Sports Cares

MORE ABOUT DAWNA STONE

Dawna launched the award-winning national magazine, *Women's Running*, in 2004 and the Women's Half Marathon series in 2009. She sold both companies to the industry leader in 2012. Previous to launching the magazine, Dawna's professional experience included:

- Chief Marketing Officer for a \$700-million publicly traded company, directing the marketing activities for more than 68 locations nationwide.
- Senior Vice President of the Active Sports Network, initially a 200-person dot-com company that is thriving today with more than 2,500 employees
- President and General Manager of PR*Nutrition, a \$20-million sports nutrition company
- Strategy Consultant for Deloitte Consulting where she advised senior level executives at Fortune 500 companies
- Financial Analyst for Wall Street investment bank, Morgan Stanley

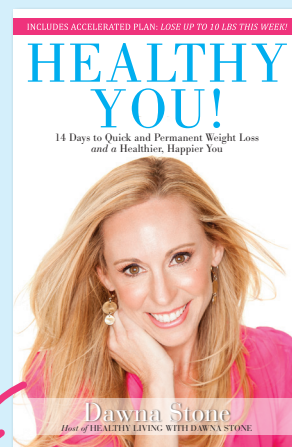
Dawna earned her B.S. from the University of California, Berkeley, and her MBA from the Anderson School at the University of California, Los Angeles. She is an avid runner and Ironman triathlete. She lives in St. Petersburg, FL with her husband, five-year-old daughter, four-year-old son and dog.



In her new book, "Healthy You! 14 Days to Quick and Permanent Weight Loss and a Healthier, Happier You", Dawna provides an easy-to-follow road map that explains step-by-step how to reach a healthy weight and ultimately lead an overall better life.

Whether you're looking to lose less than 20 pounds or you're the constant dieter struggling to drop anywhere from 50 to 100+, Stone's Healthy You! program holds the keys to success and describes how to ditch unhealthy eating habits in order to build a foundation for wholesome eating that will lead to permanent weight loss.

"Healthy You!" provides a simple 14-day program that can jump-start your new lifestyle and allow you to elevate your quality of living to a whole new level.



The Healthy You! program will help you:

- Lose weight quickly and easily
- Increase your energy
- Sleep better
- Reduce stress and anxiety
- Alleviate cravings and mood swings
- Increase self-esteem
- Improve digestion
- Clarify your complexion
- Look and feel younger

TESTIMONIALS



"Dawna stands out as a business leader - one who, like my grandfather, understands that good business goes beyond mere revenue and profits to foster relationships of goodwill and universal success."

Steve Forbes



"Dawna, Thank you again for taking time out of your busy schedule to come speak to our group. Everyone enjoyed your speech and had such wonderful things to say about the meeting. You saved the day for us!"

Nicole Levin
Mass Mutual



"Your talk was truly inspiring and your message was so in keeping with Team in Training. We could not have put on such a successful event without your participation. We are so thrilled that we met you."

Meg King
Leukemia and Lymphoma Society Team In Training



"Dawna has taken her commonsense, results-oriented, and values-driven approach to life and business and outlined a practical application we can all implement. No matter what stage you're at in your life, you will find something that speaks to you."

Peter R. Guillioni Jr.
Executive Director, Keenan MBA Career Resource Center,
USC Marshall School of Business



"The reason Dawna Stone won The Apprentice: Martha Stewart is that she is not only smart, good-natured, and able to succeed in challenging situations, she is incredibly nice. It has been a pleasure knowing Dawna, working with her and advising her."

Martha Stewart



"Of all the speakers that we've enjoyed at our monthly eWomenNetwork events, Dawna was, by far, one of the most enjoyable. She was entertaining and engaging and made her points concisely with a generous dose of humor!"

Karen Krymski
Regional Executive Director,
eWomenNetwork

Booking Dawna

Dawna is available for events nationwide. If you would like to book Dawna for a speaking engagement, appearance or event, please contact:

Ellen Madden
(813) 494-0514
ellen@healthyyouventures.com