

ANNMARIE KELLY



Annmarie Kelly is a speaker, trainer and coach. She is the founder and principal of SkillBuilder Systems. Founded in 1994, the consulting company specializes in interpersonal communications and personal performance improvement. In her Victorious Woman Workshops, she facilitates a process through which women learn how to choose and develop more satisfying and authentic lifestyles, beginning with awareness and progressing into action steps and the supporting behaviors that result in a victorious outcome.

Kelly is the author of *Victorious Woman! Shaping Life's Challenges into Personal Victories*. She is also the author of numerous articles on a variety of topics such as emotional intelligence, goal achievement, behavior-focused performance improvement and women and life balance. Her articles have appeared in numerous publications, including: Performance in Practice, Entrepreneurial Edge, Massage Magazine, Dietary Manager, Smart Business Now, and The Greater Philadelphia Resource.

Kelly is an active member of the National Speakers Association (NSA), the National Association for Female Executives (NAFE), the Greater Philadelphia Chapter of the American Society for Training and Development (ASTD), and the Brandywine Valley Alliance of Coaches. She is a frequent presenter at local and national women's conferences including the Delaware Women's Conference, ASTD International Leadership Conference, Clemson University's Professional Development for Women Conferences, Wilmington Women in Business, Chester County Women, and the Paving the Way Conferences.

In addition to her professional credits, Kelly claims her own victories over early familial dysfunctions that included alcoholism and sibling abuse, teenage overweight that resulted in self-image issues and paralyzing shyness, as well as later financial devastation and emotional loss. Her decision to write *Victorious Woman!* resulted from an unusual health problem that had her and her doctors confused. The traumatic episode pushed Kelly to question her own strength and ability to face a potentially life-threatening disease.

Kelly currently lives in Chester County, Pennsylvania, with her spouse, Joseph Eagle. She finds her greatest joys come from ballroom dancing and traveling with Joseph (especially to Downeast Maine), an eclectic choice of music, reading mystery novels, soaking in the beauty of nature and being in the company of her good friends. She can be reached at SkillBuilder Systems, 610.738.8225 or annmarie@victoriouswoman.com.