



Unleash Your Inner Superstar!

“Step out of your comfort zone and risk new levels of passion, performance and courage!”
– Lynn O’Dowd

A Transformational Program That Combines Music, Entertainment & An Awe-Inspiring Message

Perfect for ELEVATING THE ENERGY of any meeting or conference, and SUPERCHARGING YOUR AUDIENCE to step out of their comfort zone, and RISK NEW LEVELS of passion, performance, and courage!

- Step into your brilliance and don't fear being a little outrageous
- Take a chance on yourself by getting out of your comfort zone
- Overcome obstacles with newfound courage
- It's never too late to take risks in life
- Give permission to not be perfect, just show up and be present
- Model positive self talk
- Become more to produce more
- Recognize that happiness is an advantage at work that starts from the inside and leads to success in the workplace and at home
- Tap into your hidden gifts and heart's desires to realize your full potential
- Learn how asking for help will make you stronger, not weaker
- Be inspired to take immediate action towards your goals and dreams no matter how big or scary they may seem
- Recognize how following your bliss and facing your fears will open doors where there were none
- Access the inner game of success and belief in yourself as a Superstar
- Move from I can't to I can
- Overcome mental barriers, inner blocks, fears and rejections
- Start performing with confidence at the level of your desire – excelling, not just getting by
- Break free from being super stuck to super successful in business and life by unleashing your inner superstar
- Tap into the ingredient that is missing out of a spectacular life or having spectacular success in business

GoGaGa:

Through her own experience, Lynn O'Dowd has created a process for reaching your full, ageless potential by Getting Outrageous and Going GaGa!

GO: GET OUTRAGEOUS – Inside of you is your superstar just waiting to be unleashed! Outrageous goals reward you with Outrageous outcomes!

G: GIFTS – Inside of you are all the Gifts and talents you need to succeed. When you follow your bliss, you tap into your Gifts.

A: ACTION – Inside of you is all the courage you need to take Action. Try, don't deny yourself or anyone else of your gifts.

G: GUIDANCE – Inside of you is all the Guidance you need to lead you to greatness.

A: ATTITUDE – Inside of you is the most amazing person the world needs to meet. Have an optimistic Attitude. Believe you can and you will!

Book Lynn O'Dowd Today!
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INNER SUPERSTAR™





LYNN O'DOWD
KEYNOTE PERFORMER



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"I thought Lynn was great. The message was inspiring, One of the best speakers I've ever seen. Fantastic!"

– **Lori McCaffrey, Director of Enterprise Sales, Comcast Business**

"Oh My GOODNESS! You are FABULOUS! I can't even begin to tell you how awesome you are! Between the inspirational stories, quotes, songs, humor, and message (and the BOOTS!) – I am blown away! AND the end . . . HOLY COW! Personally, as I'm consistently growing my business and my personal strengths. . . these two quotes hit me HARD today! "I thought asking for help meant you were weak" & "when you follow your BLISS, doors will open you didn't even know existed!"

– **Lisa Crilley Mallis, Impactive Strategies**

"I can totally relate to her content, it was uplifting, it was moving, I loved how she incorporated the music. Great speaker, everyone needs to see her."

– **Cindy Thomas Nassar, Chief Process Excellence Officer, Evite**

"What was exciting about it was to see how Lynn took the music, the singing, and the message and brought it together in such a way that it was easy to follow and was a very poignant message. It wasn't something to view lightly."

– **Joe Brinckeroff, Trainer, Business & Sales Coach, Sales Organization/Dale Carnegie**

"I was laughing, it was heartfelt, It was awesome, It was entertaining, it's something that everybody thinks but doesn't necessarily want to admit. And it was very inspiring."

– **Donna Stanislawski, Senior Manager, Perinatal Care Program, Family Health Network**

"I was so blessed to be able to see your performance at Unity. You're amazing! I know our volunteers would love your story, your message, the upbeat music, your passion and enthusiasm!"

– **Karen Graehme Hall, Glen Ellyn Historical Society**

"Your presentation is engaging, inspiring and delightful in every way!"

– **Kurt Condra, Unity on the Northshore Minister**

THEN I UNLEASHED MY INNER SUPERSTAR!

Get this — in a moment of madness – I answered an ad to be a singer in a Rock 'n' Roll band after not singing for 35 years. When I did it, everyone wanted to hear HOW I did it, and wished they could live their dreams, too. I realized there are so many people who feel they could play a bigger game (get on a bigger stage), contribute more, and make a bigger difference in their business and life. They have these big dreams in their career or life, yet they often never get to fulfill any of them due to fear, lack of self-worth, or perhaps the negative voice playing in their head. So, I decided to do something about it. I created this unique, soul-energizing, transformational keynote just for them!



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