



DAVE BONE

**Resources**

- In addition to private coaching and keynote speaking, Dr. Daly offers free online resources:
- Subscribe to Dr. Daly's blog and e-letter at: [www.anndaly.com](http://www.anndaly.com).
- Browse Dr. Daly's books at: [www.anndaly.com/books](http://www.anndaly.com/books).

From her own experience, Ann developed a simple five-step process, detailed in her book *Clarity: How to Accomplish What Matters Most*, to help women get clear and

stay focused on what is important. She works with her clients to help them define their core values, make choices, and strategize the path to a deeply rewarding life.

One of Ann's clients, Patti Frasier, had just been laid off from her job when she heard Ann's interview with Peter Walsh on Oprah Radio. (Listen to it at [www.oprah.com](http://www.oprah.com))

"I liked her 'clarity' message," says Patti. "I checked out her website and was impressed with her brand. Soon after, I emailed her for some coaching." She spent ten weeks working with Ann. "She felt just right for me. I liked her light-heartedness and her ability to ask the right questions for me to get my own clarity. She was also very in-tune with women's issues and the whole picture of your life, not just career."

In *A Year of Clarity: The Monthly Guide for Women*, Ann offers inspiring stories and practical advice to keep you focused on what you want and how to get it. Another client, Jerri, wanted to establish a different lifestyle for herself and her son. Ann guided her in visualizing her new life and brainstorming the options to achieve it.

As Jerri describes it, "My experience with Ann's coaching was half figuring out where I wanted to go and half figuring out how to get there. Once I knew my destination and had drawn a good map, I was able to make a significant transition quickly and with much less stress than I could have imagined."

Ann's newest book, *Do-Over! How Women Are Reinventing Their Lives*, will be "part memoir, part self-help, and part girl talk" and promises to provide more inspiration and strategies. Look for its release on January 10, 2010.

Dr. Daly has recently achieved another long-held ambition. It started when she was living the crazy-busy life as a journalist in New York City and she dedicated a few minutes a day to be quiet, an essential part of achieving clarity. What came to her was a vision "that was stronger than any I had before or since": a cottage on a lake, surrounded by woods.

She began to ask questions about the vision. "What color is the cottage? How many windows does it have? What do the rooms look like? I saw a desk and a divan. What am I doing at the desk? Writing. What am I doing on the divan? Reading. How do I feel? Calm, centered, and creative."

Twenty-five years later, she realized that vision. She and her husband own a cottage outside of Wimberley surrounded by trees. Although it's not on the water, it has the feeling she envisioned. They go there every weekend and Ann writes at her desk and reads on her divan, feeling calm, centered, and creative. Dreams do come true.

Beth Schrader is a freelance writer, photographer, and avid traveler. After years of supplying reviews and recommendations to traveling friends, she now shares her experiences at [www.busytraveler.us](http://www.busytraveler.us).

# Ann Daly

## Unleashing the Power of Women, One Woman at a Time

Dr. Ann Daly is one of those extraordinary people who lead by example. When she felt unfulfilled with her successful academic career, she began a soul-searching mission to figure out the life she wanted and how to get there. Now, as a life coach, she is passionate about helping women seek clarity in their lives.

Dr. Daly has shared her insights and strategies with readers of this publication for over two years. Her personal story mirrors that of many of her clients.

After twenty years of hard work, Ann had it all: a tenured position at a prestigious university, respect in the academic community, and many well-regarded publications. A "true intellectual" would love her life. "And I did love it, for many years," she affirms. "But, at that time, my questions were in different areas."

She agonized over giving it all up in order to pursue those questions. What would people think? How would she make ends meet? She knew she had the skills to succeed, but it was scary to jump off the ledge.

As the daughter of an engineer, Ann was "born and bred to sort things out." Her years in journalism, scholarship, and teaching taught her how to work through her questions methodically. She crunched the numbers to see how much business she would have to bring in to survive. She started doing workshops on weekends while she was still employed. She adjusted; she learned; she plowed ahead. Eventually, she left academia and began coaching full time.