

Mary Fran Bontempo

Keynote Speaker, Best Selling Author
The 15 Minute Master, Brilliantly Resilient



Featured Speaker

Mary Fran Bontempo is an award-winning 2-time TEDx speaker, author, humorist, business owner and media host who teaches audiences to uncover their Brilliance and Resilience 15 minutes at a time. A sought-after presenter, Mary Fran is author of *Brilliantly Resilient*, *The 15 Minute Master* and *The Woman's Book of Dirty Words*. She is co-founder of the Brilliantly Resilient podcast and program, teaching others to Reset, Rise and Reveal their personal brilliance. Mary Fran proves small changes can create life-altering transformations, allowing individuals to be positive and successful in a rapidly changing world. A Huffington Post, Thrive Global contributor and columnist for numerous websites, Mary Fran created a life-affirming brand of wisdom and wit after meeting the challenge of her son's heroin addiction. A frequent media guest and speaker, audiences of all ages delight in her empowering and entertaining message. Find her at www.maryfranbontempo.com



Contact Mary Fran

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What They're Saying About Mary Fran

"As a Human Resources leader for an emergency medicine company I try to coordinate programs to enrich the lives of our employees both personally and professionally. Mary Fran was a breath of fresh air. Her delivery was engaging and her points right on the money. I began the presentation feeling anxious and stressed from my day and left feeling excited and empowered. A week later people were still raving that it was one of the best, most enjoyable presentations we've ever had! I'd recommend Mary Fran to anyone, and she's excellent in a corporate setting!"

- **Emily Kohler Marbot** - Regional Human Resources Manager, EmCare Physician Services

"Mary Fran Bontempo was an integral part of our first Women in Business Conference –an inspiration for all lucky enough to attend her session! Women and men from all over the business communities we serve enjoyed her enthusiasm, humor, and truth in today's challenging times. If you have the need for a speaker, look no further!!!

- **Teri Grumbrecht** - Membership Director, Greater N.E. Philadelphia Chamber of Commerce

"Mary Fran was wonderful with our teens at our Teen Leadership Workshop! She so thoughtfully connected with them in a way that made their opinions feel valued while sharing her own experiences and situations. The girls all left having a new sense of confidence about ways to handle situations while feeling good about themselves. What an empowering woman to make so many young girls feel like they have control in their lives in areas they might not have before!"

- **Leslie Conway** - Founder, Inspiring Teens Magazine

Uncover your resilience and embrace your brilliance. Whether it's making life better 15 minutes at a time, or tweaking the powerful influence of self-talk, Mary Fran Bontempo teaches that small steps and changes can lead to life-altering results. Perfect for corporate, association, faith, youth and women's organizations. Mary Fran provides practical tools and strategies along with wit and wisdom to engage and motivate audiences, leading to professional and personal success.

Speaking Topics (Customized for your organization)

The 15 Minute Master — How to Make Everything Better 15 Minutes at a Time

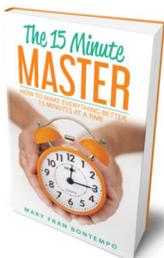
Leadership and Your Inner Monologue — Harnessing the Power of Self-Talk

Ending Our Addiction to Awesome — Based on TEDx Lehigh

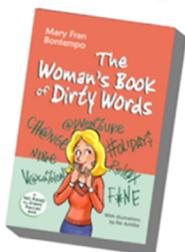
Brilliantly Resilient — Reset, Rise, Reveal Your Brilliance After Life's Sucker Punches! (Presented with Kristin Smedley)

Surviving Addiction — Helping Families Survive Addiction

Fully Customized Presentations also crafted for your organization's needs.



The 15 Minute Master - How do you cope when you wake up one day and learn that your son is a heroin addict? No one is immune to crisis, regardless of the details. Yet even without challenges, everyday life can push us to the edge. The 15 Minute Master program is simple, effective and makes life better—15 Minutes at a time!



The Woman's Book of Dirty Words - Our self-talk is our most powerful influence, mainly because it never shuts up! In this hilarious book, you'll discover and redefine your "dirty words" to tame the self-talk beast!

Speaker | Author | Humorist

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