

# **Joan Moran**

**Keynote Speaker at eSpeakers, Women Speakers Association, Toastmasters**

Los Angeles, CA, US

Joan offers an innovative platform that builds healthy mental habits by stretching the mind at any age.

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## **Biography**

Joan Moran is a Lifestyle Leader who empowers employees, business leaders and boomers to stretch the mind at any age. Joan is an expert in the field of health/wellness, with a strong emphasis on lifestyle changes, mindfulness and work/life balance. Joan's interpersonal skills are honed by forty years of teaching, performing and speaking. Whenever Joan presents, she receives accolades for her inspiring her audiences to maximize their potential. Her positive and upbeat personality, her impeccable comedic timing and strong physical presence add joy and honesty to any speaking engagement. From national conferences, health and wellness centers, industry expos, senior citizen events, Joan's innovative platform to change mental habits with her Mind Fuel Toolkit for Life Renewal presents daily techniques for optimal wellness that brilliantly ripples through one's life and provides stepping stones for lasting change. Joan takes personal fulfillment to a new level as she commands the stage with her signature headstand. Joan's work for the past 10 years at UCLA has given her an extensive background in all areas of wellness, yoga, meditation, fitness, and holistic health. Joan has two Masters degrees in Theater and Education. She taught in the Theater Department at UNLV, co-founded and was the artistic director of The Meadows Playhouse, Nevada's first professional theater, and was awarded the Governor's Award for Outstanding Achievement in Theater in Nevada. Joan is a certified Life Coach, a member of the National Speakers Association, the Women's Speakers Association (Los Angeles), and Women In Business (Los Angeles). Recently, Joan published her humorous and insightful memoir, 60, Sex & Tango, Confessions of a Beatnik Boomer. She continues to set an exciting example of how to grow older with humor, wisdom, dignity and grace. To book Joan as a lifestyle coach, or on the topics of work/life balance, self-reflection, and creative decision, go to her website: [www.joanfrancesmoran.com](http://www.joanfrancesmoran.com) Email Joan at: [joanfrances.moran@gmail.com](mailto:joanfrances.moran@gmail.com) for more information. To view highlight reel for Joan Moran go to: <http://www.youtube.com/watch?v=Kp1leVkr7Ys&feature=plcp>

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## **Availability**

Keynote, Moderator, Panelist, Workshop, Author Appearance

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## **Industry Expertise**

Education/Learning, Health and Wellness, Women

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## **Areas of Expertise**

Work/Life Balance, Power of Mental Stretching, Decision Making/Leadership

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## **Affiliations**

National Speakers Association, Women Speakers Association, Women in Business (Los Angeles, International Women's Leadership Association)

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## **Sample Talks**

### **The Rubberband Revolution: The Power of Mental Stretching**

Can we really stretch our mind so that we can achieve more out of life? Is it truly possible? The answer is Yes, absolutely Yes! Mind stretching is the next revolution in personal development. The Rubberband Revolution? is the process of teaching the brain a new way of thinking and in doing so connecting the right/left brain more effectively. Are you ready to discover the power of your mind?

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## **Event Appearances**

### **Retirement Is Not An Option: Act 3**

Retirement Is Not An Option: Act 3

### **Lessons My Mother Taught Me For Lifelong Vitality**

Women's Conference on Wellness

### **Self-Reflection: Mind/Body Spirit Connection**

Day of Wellness

### **The Era of New Decision Making**

Wedding Industry Planners Association

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## **Education**

### **University of Nevada, Las Vegas**

MS in Education Theater/ Education

### **American Film Institute**

Producing Film Producer

### **University of Nevada, Las Vegas**

BS in Education, Ms in Education, MA in Theater Theater/Education

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## **Accomplishments**

Governor's Award for Outstanding Contribution to Theater in Nevada

## **Co-Founder and Artistic Director of Nevada's first professional year round theater: The Meadows Playhouse**

### **Co-founder/Artistic Director, The Meadows Playhouse, Las Vegas, NV**

Co-founded and was the Artistic Director of Nevada's first professional year round theater.  
Governor's award for outstanding contribution to theater in Nevada

### **Author**

Memoir: 60, Sex & Tango, Confessions of a Beatnik Boomer

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## **Testimonials**

### **Eddie Murphy**

Eddie Murphy, Director UCLA Emeriti - Benefits and Retirement "Retirement Is Not An Option: Act 3:" Your speech was so inspiring and full of wonderful, creative ideas for those who are leaving the work force and entering retirement, or as you call it, Act 3. You are one of the most energetic and humorous speakers we have had speaking in front of the Emeriti group. The testiment to the success of your speech was the group of people gathered around you after the speech who wanted to continue to engage with you. You even had people follow you out the UCLA Faculty Center door. It was an amazing morning."

### **Portia Harris**

Portia Harris, HR Director, Cal Tech, Pasadent, CA You were the pefect speaker and delivered the perfect message at just the right time. As you noted in your speech, "Empowering the New Woman," the key to sustaining women's equality is to create an interdependent, abundant environment. Our women - students and staff alike- need the periodic validation that they are all amazing creatures!

### **Annette Broersma**

Annette Broersma, Sales Manager, Leisure World, The Reserve, Thousand Oaks Joan Moran?s take on retirement and life after 60 is refreshing, honest, and thought-provoking. She literally stands on her head, and makes us re-think how we want to spend whatever number of chapters we might have left in our lives. Her style is very theatrical and entertaining; truly a one-woman, one-act play that challenges the audience!

### **Bonnie Sedlmayr-Emerson**

Bonnie Sedlmayr-Emerson, Tucson Book Festival, Tucson, AZ After reading your memoir it was such a pleasure to meet you this weekend at our Tucson Festival of Books. Your honesty and vivacious personality lit up the rooms! I was an honor to moderate the session you presented on "Second Chances." You could tell the audience was interested and responsive to your speech by their great questions. I know your uplifting talk gave us all motivation and ideas for undertaking our own second chances. As evidence by the overflowing crowd at your memoir workshop, you assisted and inspired folks who are interested in writing their memoirs. Your energy and enthusiasm at both speeches brought the crowds to life and prompts peole to follow their dreams.

**Ishara Bailis**

"Thank you so much for being our keynote speaker for the second year, presenting the closing remarks and chatting with folks at our second annual Day of Wellness conference this year at UCLA. You are amazing! It is such a great pleasure getting to work with you and have you start the day of this event with such grace and wonderful presence. Rave reviews from people saying how much they loved what you said, your energy, presence and all the lifelong vitality you represent. I think you again and again." Ishara Bailis, UCLA Center for Wellness, Director on Aging

**Connie Brubaker**

When Joan Moran walks into a room, you immediately feel charged by her vitality and warmth. When Joan steps onto the stage, she is dynamic! At the Texas Women in Business luncheon, the members were entertained and encouraged by Joan's message. Our members loved her!

**Rhonda Couchigian**

"I absolutely loved your presentation and woke up eternally grateful for everything in my life."

**Dr. Harley Liker**

<http://www.youtube.com/watch?v=nGo6AUluk1w>

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