

Martha Lanier

President at IGNITE Your Potential Inc

Cumming, GA, US

Empowering Women for Courage & Confidence | Breast Cancer and Heart Attack Survivor, Iron Girl Triathlete, Skydiver, Author.

Biography

Martha Lanier is a nationally recognized speaker who is known for her distinctive presentation style that is both informative and entertaining. When women are having fun, they retain more information longer. Key learning points are made memorable through the use of her wit and unique storytelling skills. As president of IGNITE Your Potential, Inc, she believes we are each capable of achieving far more than we think is possible. She is no stranger when it comes to facing your fears and overcoming self-limiting barriers. Woman's Day magazine featured her daring skydiving adventure in an article about women over 50 who have taken risks. She was influenced by her daughter who had served two tours of duty in the Middle East as a C-2 pilot in the Navy on board the aircraft carrier, the Constellation. In April, 2008, Martha discovered a lump in her right breast just one week after her yearly physical exam. A biopsy revealed she had breast cancer identified as Stage I infiltrating ductal carcinoma. She chose to take aggressive action and on June 3 had a bilateral mastectomy with reconstructive surgery using an abdominal TRAM. Just 6 weeks post-op she registered as a walker and began training for the Atlanta 2-Day Walk for Breast Cancer. Not only did she complete the 30 mile walk with her 2 daughters, but was also a guest speaker during the closing ceremonies. In June, 2009, she accepted a challenge from her daughters and celebrated her first year anniversary as a breast cancer survivor by competing (as a previous non-athlete) in the Aflac Iron Girl Sprint Triathlon at age 62. One month later and in the best physical condition of her life, she was diagnosed with having an unlikely and unexpected heart attack. With a diagnosis of Stress Cardiomyopathy, she experienced first-hand what can happen when we let everyday stress control our lives. During her career she climbed the corporate ladder from administrative assistant, to office manager, to VP of relocation services and now business owner. In 2006/2007, Martha Lanier served as president of National Speakers Association - Georgia Chapter. Her election as president by her peers underscores her success as a leader, mentor and decision maker.

Availability

Keynote, Panelist, Workshop, Author Appearance

Industry Expertise

Health and Wellness, Women

Areas of Expertise

Stress Management, Personal Achievement, Women, Spouse Programs, Empowerment & Motivation, Courage, Confidence and Happiness, Confidence & Resilience

Sample Talks

THE POWER OF CHOICE: Overcoming Self-Limiting Barriers

Martha Lanier is no stranger when it comes to perserverance in the face of difficulty. Her experiences, from surviving breast cancer and an unlikely heart attack to competing in the Iron Girl Triathlon at age 62, illustrates her expertise in turning obstacles into opportunities. With her unique storytelling style, Martha shares how to solve challenges from a different perspective and build strategies that turn negative circumstances into positive results.

THE POWER OF INFLUENCE: Implementing Practical Leadership Skills

Each and every day there are numerous opportunities to influence the lives of co-workers, customers, family and friends. Although the influence may not be obvious, it is always there. This program offers specific leadership techniques that encourage and reinforce the skills of others and show them how to develop their greatness. Attendees will understand the influence they have and discover how easily they can make a difference in some else's life.

THE POWER OF RESILIENCE: Managing Life's Stresses

Today women are overloaded with multiple forms of stress, whether it is from balancing responsibilities at home and at work or facing life's unexpected challenges. To add even more stress, many are concerned over the economy, finances, their health and their happiness. Martha provides an entertaining and action-packed program that demonstrates how to regain control and live a healthy lifestyle. Audiences leave knowing how to make powerful choices that result in being recharged, refocused and ready to enjoy a life of resilience.

THE POWER OF UNDERSTANDING: Improving Relationships at Work and at Home

Recognizing the different methods people use to think, process and respond to situations increases the opportunity to improve relationships with co-workers, customers, family and friends. This visual and interactive program provides soltions on how to identify different behavioral styles and how to best communicate with them. Concepts are based on identifying how we each respond to solving problems, influencing others, reacting to situations and following procedures. By understanding generational differences, attendees also learn to eliminate potential conflict with all ages of co-workers and customers.

Event Appearances

Title

Intel Corporation Womens Conference

Title

Navy 2006 APC Conference

Title

Berry College - Administrative Professionals Day

Title

w-net Womens Conference

Title

National Management Association

Title

Tennessee Bankers Association - Breakout Session and Closing Keynote

Title

Gwinnett County Annual Womens Conference

Title

Georgia State University - 6 Week Women's Workshop

Title

Piedmont Hospital healthcare - Spouse Program

Title

AmericasMart

Title

Alabama Society of CPAs Women Summit

Title

Internal Revenue Service

Title

National Independent Flag Dealers Association

Title

VA Highlands Community College - Administrative Professionals Day

Title

Nelson Mullins Riley Scarborough - Administrative Coordinators Conference

Title

Women's Council of Realtors

Title

Pearson Resource Management, LLC

Title

Internal Revenue Service

Title

NSA National Convention Spouse Session

Title

Gwinnett Federal Credit Union

Title

IAAP - International Association of Administrative Professionals, GA Division, Annual Student Conference

Title

North Georgia College

Title

Caterpillar Inc Women's Initiative Network

Title

American Code Enforcement Convention

Title

Defense Credit Union

Title

Midlands Technical College - Administrative Professionals Day

Title

Clarke Cpunty School District In-Service Event

Title

NSA National Convention Spouse Session

Title

Dalton Agency

Title

SHRM - Society of Human Resource Management Annual Convention

Title

American Heart Association

Title

GE Women's Network

Education

Virginia Intermont College
Associate of Arts Medical Secretarial

Accomplishments

NSA Georgia Member of the Year
Voted by peers

Past President National Speakers Association Georgia Chapter

Martha joined both National Speakers Association and the Georgia chapter in 2002. She served for six years on the executive board of her local chapter including two vice president positions and as president in 2006-2007.

Iron Girl Triathlete

Celebrated one year anniversary as a breast cancer survivor by finishing the Aflac Iron Girl Triathlon.

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