

THE PROFESSOR OF HAPPINESS & JOY



AS SEEN ON:



INSPIRATIONAL SPEAKER * SINGER SONGWRITER * MINDSET STRATEGIST

A best selling author and dynamic edutainer, Carrie blends award winning music, story, and neuroscience, to deliver transformational keynotes that move audiences emotionally, leaving a lasting impression. She's also host of the popular syndicated radio show/podcast *Look for the Good* where she has garnered over 300k listeners.

After leaving a successful corporate career, she has inspired thousands to transcend their limiting narratives, using joy as life's new anthem. Her work, featured on major media platforms like CBS and NECN, positions her as a thought leaders and beacon of empowerment and joy in the personal development sphere.

SIGNATURE TALK: *Your Story Sucks...the Happiness Right Out of You:*

What if the very story you're telling yourself is the reason you feel stuck—both personally and professionally? In this transformative keynote Carrie Rowan blends soul-stirring storytelling, original music, and neuroscience-backed mindset shifts to help your audience recognize the limiting narrative silently running their lives. With the perfect balance of humor, heart, and hope, Carrie guides attendees on a powerful journey through her 5-step STORY method from her bestselling book *Tell A New Story*—guiding them to identify the beliefs and emotions holding them back and empowering them to write a new, joy-filled script for success.

KEY TAKEAWAYS

- *Shift your mindset* by uncovering the hidden stories that sabotage success
- *Build emotional resilience* using simple, science-backed tools
- *Reclaim your personal power and confidence* by learning to spot your limiting narratives
- *Leave inspired and equipped* with actionable strategies and tools to use in all aspects of life

THIS TALK IS GREAT FOR:

- Women's Empowerment Conferences
- Authentic Storytelling for Business Success
- Wellness Retreats/Conferences
- Purpose Driven Leadership
- Mindset Reset: Story Detox, Grief, Resilience
- Creating Confidence: Imposter No More
- Emotional Intelligence

"Carrie has delivered several webinars at Epic, and each one has been an absolute standout. She's not only engaging and dynamic, but her deep expertise and real-world strategies make a lasting impact. Carrie has a rare ability to connect with her audience in a way that keeps them leaning in. Our team always walks away inspired, energized, and ready to take action."
—Kathryn Munda, VP of Learning & Development, Epic Staffing Group

BOOK THE PROFESSOR OF HAPPINESS & JOY:

WWW.CARRIEROWAN.COM

508-450-2783

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SET YOUR MESSAGE TO MUSIC:



Why custom songs make it stick...

- **Emotional Impact** – Music reaches the emotional brain fast, making your message resonate on a deeper level
- **Stronger Memory** – Songs create lasting memory anchors your audience will recall long after the event
- **Brand Differentiation** – A custom song gives you a unique, recognizable sound that sets you apart
- **Multi-Use Asset** – Reuse it across video, podcast, events, and marketing
- **Personalized Power** – Tailored lyrics tell your story, turning your mission into a musical moment people feel

Ideal for coaches, speakers, corporate events, annual conferences, retreats, brand launches, and special occasions where you want your message to stand out and resonate long after the moment ends.

RAVE REVIEWS

"Carrie connects with any audience through her engaging delivery and powerful insights. She gave our Women in Business members a roadmap to a more positive mindset—leaving us energized and ready for change."

—Karen J. Chapman, President & CEO,
Corridor 9/495 Regional Chamber

"The Worcester County Chapter of MAAEYC made a great choice when we invited Carrie to speak at our Annual Meeting. We enjoyed her joyful spirit and energy as she guided us through the meditation process. Her book is a wonderful addition to our growth, especially with the interactive meditation guides."

—Jo Ann Barinski, Co-President, Worcester County
Chapter of MAAEYC



"I attended Carrie's talk at the DCU Center for the Worcester Women's Leadership Conference. She's such a pro, yet it felt like a supportive friend was speaking directly to me. Carrie connected with a room full of busy professional women in a way that truly hit home—authentic and relatable. Her joyful presence and heartfelt stories clearly come from lived experience and they lifted all of us up!"

—Kim of Kim Jennings Consulting

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