

RESILIENCE

How do you respond to crises or challenges in your life?

How do you turn a challenge into an opportunity?

In her talk on Resilience, Annie Crawford Founder and Chair of the Can Too Foundation shares some of the lessons that she has learnt from creating the Can Too Foundation and from her own personal experience, about taking risks, facing fears and being resilient.

Can Too is a vehicle for everyday people to achieve two goals they could never have imagined themselves doing or had fear of achieving such as running a marathon or participating in an ocean swim and at the same time fundraising for cancer research.

What you can expect

Participants join a 12- 20-week training program to prepare them mentally and physically for their chosen goal event.

Annie shares the stories of two of the thousands of Can Too participants who have taught her so much about courage, personal responsibility and resilience.

She explores what is to be gained both personally and professionally from being prepared to take a risk and move beyond your comfort zone, about how important it is to "walk the talk" even if it is challenging and finally asks the question "How do you respond to crises or challenges in your life? How do you turn a challenge into an opportunity?"

Coach Annie Crawford

Annie brings to her coaching over 25 years experience in a variety of sectors.

Annie is informed by her decade of work as a Social Worker in areas of Mental Health, Domestic Violence and Sexual Assault.



Annie also gained extensive experience and insight through her involvement in establishing the US affiliate of a biotech company before founding and establishing the very successful Not for Profit organisation, the Can Too Foundation.

Annie established a board, held the role of CEO and Chairman and in that time learnt many lessons about risk-taking, facing fears, having courage and building resilience, which all play into her capacity to be an effective coach.

Annie was awarded a Member of the Order of Australia (AM) in the Queen's Birthday Honours List and has been nominated for several awards including Australian of the Year on several occasions, and Telstra Business Woman of the Year.

Annie won the Rotary Most Inspirational Woman and the Sydney University Alumni Award in 2011 and was voted in the 100 Women of Influence by the Financial Review in 2012. She has also been inducted into the Business Women's Hall of Fame.

Annie has a Bachelor in Arts and Social Work, A Diploma of Human Resources, is a graduate of Social Leadership Australia and Executive Central Coaching Academy. She is also a graduate of the Australian Institute of Company Directors.

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