

Francine D. Ward



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Press | Media Kit



Biography

Francine Ward tells a compelling story of triumph over incredible odds...and the story is her own!

A professional speaker, self-esteem coach, author and intellectual property lawyer, Francine's rags-to-riches life **inspires and motivates audiences** no matter the industry or background. Once you hear her story, you'll understand why.

Today Francine is a graduate of Georgetown University Law Center, a successful attorney, a marathoner and a woman contributing to make this a better world in as many ways as possible.

But once upon a time Francine was:

- Strung out on alcohol, heroin and other addictive drugs at the age of 14
- A high-school dropout and homeless on the streets of New York at the age of 18
- Selling her body to support her drug and alcohol habits at the age of 21
- Hit by a car and told she'd never walk again at the age of 26
- The poster child for someone who is selfish, self-centered, and self-absorbed (age 28)

Francine used to allow fear, failure, and disappointment to control her view of the world. Now she knows how to **create a life that only dreams are made of** and she's showing others how to do the same. Francine is living proof her story of resilience, endurance, and faith works under *all* conditions.

Success is not just about having confidence or having the right pedigree; it's about making right choices and being willing to overcome the inevitable obstacles bound to get in your way.

A professional speaker since 1995, Francine is also the author of two books, *Esteemable Acts: 10 Actions for Building Real Self Esteem* and *52 Weeks of Esteemable Acts: A Guide to Right Living*. In *Esteemable Acts*, Francine shares 10 doable actions to improve self-esteem and in *52 Weeks of Esteemable Acts* she shares 365 days of Esteemable Actions designed to improve self-confidence. Francine is currently working on her third book, *Fear Ain't Nothin' But a 4-Letter Word*.

Francine is committed to community involvement. From sitting on boards and volunteering time to donating money and providing pro-bono legal services to women. Francine believes there is *always* a way to give. She also supports organizations such as the ASPCA, Southern Poverty Law Center, The Innocence Project, Marin Services for Women, San Francisco Bar Volunteer Legal Services Program Legacies in Motion, and KIVA.



Press

Television Appearances | Interviews



KPIX - CBS5

www.youtube.com/watch?v=IZMfTL_Jbv0

KRON Channel 4 in San Francisco, CA

<http://forwardattorney.net/wp-content/uploads/KRON.mov>

WKRG Channel 5 in Mobile, AL

<http://forwardattorney.net/wp-content/uploads/WKRG.mov>

Media - Print

- Chicago Tribune
- Washington Post
- West Palm Beach Post
- Woman's Own
- San Francisco Chronicle
- Arizona Tribune
- BLACK ENTERPRISE Magazine
- HEART & SOUL Magazine

Suggested Media Questions

1. You have an amazing story of change, action, and personal growth, briefly tell us your story.
2. What do you mean by the statement: action is the key to everything?
3. How do you get to the place where you can honestly see what needs to be changed in your life?
4. Tell us about the connection between self-esteem and fear.
5. How do you deal with fear?
6. You say that self-esteem is not about saying, "I love me." Many experts would disagree with you, including Dr. Phil and Oprah. What are your thoughts?
7. So if you don't get self esteem by telling yourself how great you are, by living in the right neighborhood, driving the right car, or by being married to the right person, how do you get it?
8. What are Esteemable Acts?
Is there any final message you'd like to leave with our audience?

Keynotes & Programs

Francine's areas of expertise are:

- Women in Business
- Motivation
- Alcoholism & Drug Abuse
- Image | Self-Esteem
- Principles of Success



Topics include, but are not limited to:

- Fear Ain't Nothing but a 4 Letter Word!
- Self-Esteem Comes From DOING Esteemable Acts!
- You Can't Change What You Can't See!
- Lions, Tigers & Friends: Landmines When Playing in the Social Media Sandbox!
- Common Legal Mistakes Entrepreneurs Make



Keynotes & Programs

FEAR AIN'T NOTHING BUT A 4-LETTER WORD

What is more cunning, baffling, powerful, and more deadly than a speeding bullet? Fear!



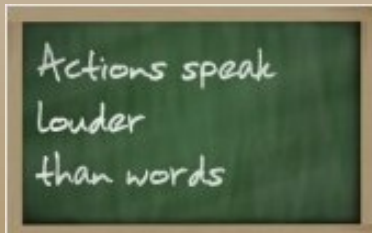
In any given year, F-E-A-R takes more lives than cigarettes, alcohol, drugs, cancer, and car accidents combined. It ruins families and is arguably the root cause of more depression and is the single biggest barrier to living a life of endless possibilities. F-E-A-R keeps us stuck, broke, dependent, and living beyond our means. It is the ultimate jailor because when F-E-A-R comes to visit it takes plenty of prisoners.

It is the one thing we all have in common, whether we are head of our own company, working for someone else, retired, single, married, divorced, or in search of ourselves. In this program Francine demonstrates strategies for helping the audience get past this deadly killer of hope and dreams.

SELF-ESTEEM COMES FROM DOING ESTEEMABLE ACTS

This provocative and instructive program will introduce you to a new and fresh approach to building self-esteem.

Have you ever met someone who appears self-assured and certain of who they are and you thought to yourself, this person has self-esteem? Maybe but the truth of the matter is, we often mistake confidence for self-esteem. In reality they are two different animals born of the same mom.



Real self-esteem does not come from how we *think* about ourselves or what we *say* about ourselves, it comes from how we **ACT**, how we behave. In this program Francine explores a number of Esteemable Actions designed to help you change the way you see yourself.

"As an avid conference fan...Francine is truly in the top 1% of great motivational speakers. She joins with her audience and touches the hearts and souls of the listeners. Her message is universal and embraces humor and joy...Francine's message... triggered a chain of events that not only cemented one the best events our agency ever sponsored but created a cascading effect."

Maureen Keating, PCC-S, LICDC - Director of Women & Family Services
Community Health Center - Akron, OH

Keynotes & Programs

LIONS, TIGERS & FRIENDS: NAVIGATING SOCIAL MEDIA LEGAL LANDMINDS

Social media is the hottest discovery since email. It's fun, fast paced, interesting, and allows you to connect with family, friends, colleagues, and clients as never before.



And if you are a small business entrepreneur—it levels the playing field—allowing you to develop a network and marketing plan at a fraction of the cost.

BUT with all the good it can accomplish, and the ease in which you can use it, there are LEGAL landmines to be aware of. In this program Francine outlines a number of legal issues to watch out for and strategies for side-stepping them.

Hire Francine Today!

YOU CAN'T CHANGE WHAT YOU CANNOT SEE

In this program Francine teach some effective tools for seeing yourself clearly and for creating the life you want.



It's hard to change something unless you know it needs changing. Depending on who you are or where you are in your life, success can be defined in any number of ways. Yet, regardless of how it's defined, one ingredient to creating a successful life is a willingness to see the truth of a situation, and then a willingness to change what needs to be changed. This also includes having the courage to see the truth in yourself.

Oftentimes what stands between us and success is US -- our attitudes, behaviors, beliefs, or out-dated ways of doing things. Having the courage to see past our little feelings to what needs to be done is a mark of true character and the first step toward living a successful life. Having the courage to see ourselves clearly is an essential tool for success, not only in our personal lives, but in business. Self-examination is life transforming.

Hire Francine

Please complete this form and email it to info@francineward.com. We will contact you to schedule a meeting with Francine to discuss the details of your request.

* **Your Name:** _____

* **Email Address:** _____

* **Phone Number:** _____

* **Organization:** _____

* **Type of Event:** _____

* **Location of Event:** _____

* **Date of Event:** _____

* **Number of Attendees:** _____

* **Your Budget:** _____

Which program are you interested in?

Self-Esteem Comes From Doing Esteemable A.C.T.S.

You Can't Change What You Can't See!

Fear Ain't Nothin' But a 4-Letter Word!

Lions, Tigers & Friends: Navigating Social Media Legal Landmines.

Other: _____
