

ABOUT

- **Global Finance Senior Executive & Innovator** – JPMorgan Chase for three decades
- **Proven Growth Leader** – led global, cross-functional, industry-leading teams with 25% CAGR over 15 years
- **Recognized Industry Pioneer** – recipient of Ray Lillywhite Award for extraordinary lifetime contribution to American’s economic security (2020)
- **Award-winning author**, Your Best Financial Life, Harper Collins
- **Trusted Media Voice** – frequent contributor to Bloomberg, CNBC, The Wall Street Journal, and The New York Times
- **Board & Governance Leader** – Non-Executive Director for global organizations including Partners Group AG and Human Interest Advisory

WORLDCLASS SPEAKER & PARTNER:



J.P.Morgan

BARRON'S

GO-TO MEDIA EXPERT:

THE WALL STREET JOURNAL

The New York Times

Forbes



Bloomberg
TELEVISION

yahoo!
finance

“Anne is a pioneer and innovator!” ~Morningstar

Quit to Finish: How to stop being a good pilgrim so you can do the right things, for the right reasons to get the best results

High achievers don’t struggle because they lack discipline – they struggle because they’ve spent a lifetime learning how to follow the rules. The “shoulds.” The “musts.” The “have tos.” These forbidding words drive success... until they quietly start making our decisions for us leading to burnout, misalignment, and the unsettling feeling of being stuck even at the top.

In this powerful and deeply relatable keynote, Anne Lester shares the story of her 570-mile pilgrimage across Italy where she brings the audience inside a moment many high performers recognize but rarely name: **When pushing harder stops working**. Through her signature concept, **Move the Door**, Anne reveals how to recognize the invisible rules shaping our choices and rethink the constraints holding us back. Because sometimes the only way to finish... is to stop following the wrong rules. **If you quit the should... what could you finish?**

Anne Lester is a behavioral finance expert and a leading voice on how our beliefs about rules, success, and identity shape our decisions.

LEARNING OBJECTIVES

- Identify the invisible rules “forbidding words” shaping their decisions
- A practical method to reframe constraints using the “Move the Door” mindset
- Permission—and strategy—to quit what no longer serves them
- Tools to build resilience through flexibility
- Replace default thinking with intentional choice under pressure

EXCHANGE

Book Anne for your next event!

Anne is a master storyteller, simplifying her decades of research into simple, must-have frameworks. Email Anne's team at speaking@annelester.com to learn more.

AnneLester.com/Speaking