

# Mary Fran Bontempo

Engage. Uplift. Motivate. Inspire.

Mary Fran Bontempo is a speaker, author and humorist who teaches audiences to control their most powerful influence: **Self-Talk**. Author of *The Woman's Book of Dirty Words*, and *Not Ready for Granny Panties*, Mary Fran proves small changes in self-talk generate big life changes, allowing individuals to be positive, productive and vital in a rapidly changing world. A Huffington Post, Thrive Global contributor and regular columnist for numerous websites, Mary Fran's work has been honored by the YWCA, the Erma Bombeck Writer's Workshop and Humor Press, among others. A frequent media guest and speaker, audiences delight in her empowering and entertaining message.



## Featured Speaker

Arcadia University  
Atlanta's Audio Dust Jacket Radio  
BEN FM Philadelphia Radio  
Blog Talk Radio  
Bucks County Community College  
Delaware Valley College  
GNPCC Women in Business Conference  
Lessons in Joyful Living Radio  
Mercer County College  
NATCAP Society of Government Meeting Professionals  
NJ Assoc. of School Librarians  
Pearl Buck International  
Penn Suburban Women's Network  
Polka Dot Powerhouse  
Sisters U  
Soroptimist International  
Temple University  
The Creative Giant Show  
The Great Girlfriends Podcast  
The Sophia Group  
The Wellness Journey Radio  
Victorious Women Gala  
Women's Business Forum  
WMCN TV  
Women of Willow Grove  
Women to Watch Media  
Women's Summit on Entrepreneurship  
WWDB-AM Philadelphia



## Contact Mary Fran

215.852.3351

[maryfran@maryfranbontempo.com](mailto:maryfran@maryfranbontempo.com)

[www.maryfranbontempo.com](http://www.maryfranbontempo.com)

[www.notreadyforgrannypanties.com](http://www.notreadyforgrannypanties.com)

# What They're Saying About Mary Fran

"As a Human Resources leader for an emergency medicine company I always try to coordinate Lunch and Learn sessions to enrich the lives of our employees both personally and professionally to take a break from their fast-paced roles. Mary Fran was such a breath of fresh air. Her delivery was engaging and her points were right on the money. I began the presentation feeling anxious and stressed from my day and I left feeling excited and empowered. A week later people are still raving that it was one of the best, most enjoyable presentations we've ever had! I'd recommend Mary Fran to anyone, and she's excellent in a corporate setting!"

- **Emily Kohler Marbot** - Regional Human Resources Manager, EmCare Physician Services

"Mary Fran Bontempo was an integral part of our first Women in Business Conference—an inspiration for all lucky enough to attend her session! Women and men from all over the business communities we serve enjoyed her enthusiasm, humor and truth in today's challenging times. If you have the need for a speaker, look no further!!! Mary Fran was one of the first people we asked back for our 2018 conference!" - **Teri Grumbrecht** - Membership Director, Greater N.E. Philadelphia Chamber of Commerce

"Mary Fran was wonderful with our teens at our Teen Leadership Workshop! She so thoughtfully connected with them in a way that made their opinions feel valued while sharing her own experiences and situations. The girls all left having a new sense of confidence about ways to handle situations while feeling good about themselves. What an empowering woman to make so many young girls feel like they have control in their lives in areas they might not have before!" - **Leslie Conway** - Founder, Inspiring Teens Magazine

Self-talk is our most powerful influence. It can be friend or enemy, lifting us up or bringing us to our knees, sometimes within minutes. Mary Fran Bontempo proves that your self-talk is where your life starts, teaching audiences to make small changes yielding life-altering results. Perfect for corporate, association and health care platforms, women, men and attendees of all ages. Mary Fran engages, uplifts, motivates and inspires audiences with practical wit and wisdom, leading to professional and personal success.

## Speaking Topics

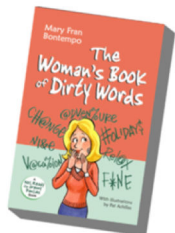
Leadership and Your Inner Monologue – Harnessing the Power of Self-Talk

Lose Control and Take Command of Your Life

Practical Wisdom and Wit for Real World Problems

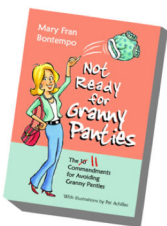
The Power of Negatives – Making Ignorance, Fear and Surrender Work for You

The Power of Reinvention – Survive and Thrive Through the Challenges of Transitions.



## The Women's Book of Dirty Words

We women talk - a lot. Yet, the words that take others to their happy place often make us miserable. Words like vacation, dinner, balance, and change can leave us breathing into a paper bag with our heads between our knees. It doesn't have to be that way. Join Mary Fran Bontempo and redefine the 'dirty words' that make us cringe. You'll laugh, clean up your self-talk, and change your life—one word at a time!



## Not Ready for Granny Panties - The 11 Commandments for Avoiding Granny Panties

Granny Panties are as much a state of mind as a giant pair of unmentionables, and no one is immune from getting stuck. In this delightful book, Mary Fran empowers readers to eliminate what doesn't work and embrace what does by offering a new set of "commandments" to make life more manageable, fulfilling, and fun, personally and professionally.

**Speaker | Author | Humorist**

[www.maryfranbontempo.com](http://www.maryfranbontempo.com)

