



Lynn has overcome Thyroid cancer, walked on 40 feet of burning hot coals, and successfully run her own business for 17 years. None of this compares, however, to the personal challenge she set for herself of going way out of her comfort zone to experience life, and perform at levels, she never thought possible. This process helped her, at midlife, to leap from being a successful corporate time management consultant to being a Rock 'n' Roll singer and a keynote performer!

In a moment of madness – Lynn answered an ad to be a singer in a Rock 'n' Roll band after not singing for 35 years. When she did it, everyone wanted to hear HOW she did it, and wished they could live their dreams, too. Lynn realized there are so many people who feel they could play a bigger game (*get on a bigger stage*), contribute more, and make a bigger difference in their business and life. They have these big dreams in their career or life, yet they often never get to fulfill any of them due to fear, lack of self-worth, or perhaps the negative voice playing in their head.

So, she decided to do something about it...She created this unique, soul-energizing, transformational keynote just for them. Lynn ultimately helps people tap into the missing ingredients that prevent them from experiencing a spectacular outcome in life or in business. She helps them Unleash Their Inner Superstar, so they can literally become who they want to be or fulfill who they were born to be. In a nutshell, Lynn moves them from I CAN'T to I CAN in 30 to 60 minutes.

A little backstory – As the founder of All About Time in 1999, Lynn O'Dowd combines a strong business background with equally strong credentials in personal development and motivation. All About Time was a way of bringing together the two things she is best at and enjoys most: organization and personal development. All About Time has a diverse client list, and Lynn has been featured in national magazines, books, newspaper articles, and television.

Lynn is a graduate of the inaugural class of Certified Professional Organizers receiving the prestigious designation of Certified Professional Organizer® (CPO®) from the Board of Certification for Professional Organizers (BCPOSM). This distinction places Lynn among the top 5 percent of organizers in the country. In addition, Lynn has received coach skills training from the Coach Approach for Organizers™.

In the training field, Lynn has developed and facilitated programs on productivity, time management, organization, goal setting, and personal development. She was trained by Anthony Robbins as a facilitator for Mastery University personal development workshops and events; and by John Gray, Ph.D. as a facilitator for Men Are From Mars, Women Are From Venus workshops. She is also a graduate of the Covey Leadership Program and the LifeSpring personal development leadership program.

In the corporate world, Lynn has worked as the executive assistant to the chairman of a multi-million dollar consulting firm, event planner at an international hotel corporation, and a corporate sales manager for several hotel chains.

Lynn has a B.A. in public relations/journalism from Northern Illinois University. Lynn is also an active member of the National Speakers Association (NSA) and the National Association of Professional Organizers (NAPO). She and her husband live in Chicago.