

spotlight

An Interview with Author Annmarie Kelly

by Whitney Collins

CCW member Annmarie Kelly is the author of *Victorious Woman!* Via email, Annmarie offered the following comments in response to Whitney Collins' interview questions.

What is your definition of a Victorious Woman?

What I found through my interviews and experiences with women who create victories is that they get in control of their situation and take action. It begins with a woman's awareness that she is not happy with something in her current situation, or maybe with her whole life. Then, she believes that her life can be positively different. New choices and better decisions come next followed by actions that, step-by-step, lead her to be more of who she truly is.

For example, it took Lilly years to realize that she did not have to live in an abusive marriage. Then it took a few more years for her to take the positive actions that led to her eventual victories. For Toni, her life depended upon creating healthy boundaries and making time for herself. And Alisa always knew she wanted her own business, but it did not happen until she connected business with her passion - and then her business took off.

My book, *Victorious Woman!* is about the victory process, as told through the lives of nine different women. The stories include victories through the glass ceiling, over desertion, abandonment, cancer, domestic abuse and negative body image.

Besides being an author, what other facets of your career might CCW members be interested to hear? Through my business, SkillBuilder Systems, I assist people in developing better interpersonal skills and improving their interpersonal skills and improving their emotional intelligence competencies.

I work with companies through management development workshops and with individuals offering executive and lifestyle coaching and mentoring programs.

What is your formal or informal professional training or educational background?

My background is in elementary and middle school education, followed by several management positions. Prior to starting my own company, I created and managed the education department for the local Better Homes and Gardens Real Estate franchise.

Also, in 2001, after years of one-course-at-a-time college career, I finally completed my coursework and I received my Bachelor of Science degree from Neumann College.

Who do you look to as your career mentors or role models?

Strong women who handle themselves with dignity and grace are my role models. Katherine Hepburn and Kathy Bates are two celebrity women who, to me, fit that description. Jean Otte is a *Victorious Woman*, and founder of the mentoring company, Women Unlimited in NYC. She is another woman whom I admire.

What will the upcoming year hold for you both personally and professionally?

Professionally, I'm looking forward to *Victorious Woman's* publication. For the past year, I've been speaking on the topic and doing workshops. I look forward to doing even more of them and assisting women in creating great victories in their lives.

Personally, I am looking forward to doing more traveling, including a couple weeks on the coast of Maine. I enjoy ballroom dancing and look forward to doing more of that with my spouse, Joseph, as well as enjoying the company of good friends. Those are all my favorite things, and they nurture my soul and bring joy into my life.