

Anne Peshka

Speaker | Author | Certified Professional Coach

Reinvention · Agency · Identity · Choice · Breaking Patterns

ABOUT

Anne Peshka is a speaker, author and Certified Professional Coach who explores what happens when the life you built no longer fits. Her work examines the rules, beliefs, identities and patterns we accumulate throughout our lives and what becomes possible when we consciously decide which ones still belong.

An adoptee and birthmother, Anne's lived experience includes childhood abuse, addiction when she was young, raising two sons as a single mother, entrepreneurship, and repeatedly reinventing herself personally and professionally. Her past provides context and credibility, but it is not the point of her work. Her message is about agency, choice, and what we decide to do next.
Anne is the author of Trauma Recycled: A Memoir of Adoption, Abuse and Reinvention. She is an iPEC Certified Professional Coach, C.O.R.E. Energy™ Transitions Specialist, ELI Master Practitioner and ICF member.

Anne is an Adoption Attuned Certified Coach and contributor to Growing Intentional Families Together (G.I.F.T.). As both an adoptee and birthmother, she brings lived experience and professional coaching skills to her work on adoption, identity, belonging and family relationships.

SIGNATURE TOPICS

- **You Followed All the Rules. You Just Forgot to Write Your Own.**
  We inherit rules about who we should be, what success should look like, and what we are supposed to tolerate. Anne challenges audiences to recognize the rules quietly running their lives and consciously decide which ones still belong.
- **The Next Chapter Doesn't Write Itself.**
  What happens when the life you built no longer fits? Anne explores the choices, identity shifts and uncertainty that come with starting again, especially in the second half of life, and why reinvention begins before the new chapter is visible.
- **I Choose Who I Become.**
  Our past can explain us without getting to decide what comes next. Anne explores how identity is shaped by experience, expectations and patterns, and how reclaiming agency allows us to choose who we become from here.

KEY TAKEAWAYS

- Recognize the inherited rules and patterns shaping your choices.
- Separate what happened to you from the identity you carry forward.
- Reclaim agency and make conscious choices about what comes next.
- Recognize when the life you built no longer fits.
- Approach transition as an opportunity to choose, not simply react.
- Write the next chapter by your own rules.

> *Our past can explain us without getting to decide what comes next.*

CONTACT

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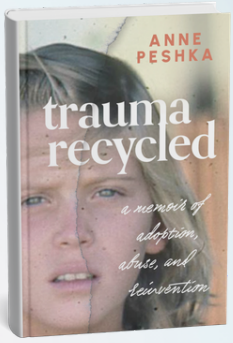
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The Book

Trauma Recycled: A Memoir of Adoption, Abuse and Reinvention is Anne Peshka's unfiltered account of adoption, abuse, addiction, motherhood, identity and starting again. The story provides the context for the work Anne does today, but its central question reaches beyond her own history: how much of who we are is inherited, assigned or repeated, and how much can we consciously choose?



Available on Amazon

WHAT READERS SAY

From Trauma to Heartbreak to Perseverance

Anne shows us how your past does not have to define you... She proves you do not have to remain a victim. A must read.
— Emily Shaw

Courageous Life Story

Different parts of the book triggered my memories & helped me to review my life in a different perspective.
— Pat A.

Hope and Courage Wrapped Into One

We are all worthy of a better life no matter what our past is... Thank you Anne for sharing your story.
— Anonymous

BOOK ANNE TO SPEAK

Keynotes • Panels • Workshops • Book Talks • Interviews

Anne speaks on reinvention, agency, identity, choice, breaking patterns, major life transitions, and what happens when the life you built no longer fits.

Speaking Inquiries

CONNECT

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