

INTRODUCTION

- My name is Anna Marie Cruz and I am 36 years old.
 - I work for AM Wellness.
 - My company:
 - Provides Nutrition and Lifestyle Consulting to adults who are fed up with disease, bad health, & who lack energy to do the things they like
 - My role at AM Wellness is Owner & Consultant
 - Every day I promote my business and work with multiple clients to help them make small changes to manage stress, improve eating habits, and feel good about themselves.

MY CHILDHOOD

- I was born in Bataan, Philippines and raised in Lakewood, California.



This is a picture of me graduating from Kindergarten at 5 years old



Bataan Death March, 1942



MY FAMILY

- A little about my family
 - 20 year gap between the youngest & eldest
 - College graduates, 2 married, 1 with 2 kids
 - 2 Diabetic, 2 pre-Diabetic, 1 with Schizophrenia



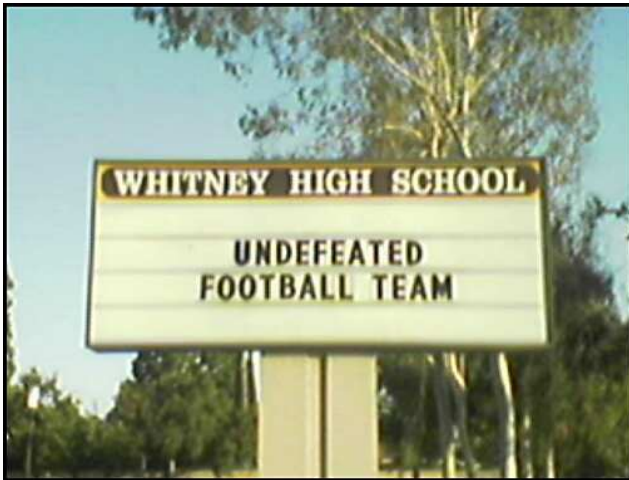
Pre - Anna Marie



With my Dad, Mom, Brothers
& Sisters

MY HIGH SCHOOL

- I attended Whitney High School in Cerritos, CA



HIGH SCHOOL

- As a high school student I was outgoing, creative, and active in community service.



Here is a picture of me in HS

HIGH SCHOOL

Things that I really liked in High School were:

- Classes
 - History
 - Theater
 - Chemistry
- Activities
 - Talent Shows
 - Key Club
 - Volleyball
 - Club Kaibigan – PCN

Things that felt difficult or challenging for me while I was in High School were:

- Classes
 - Pre-Calculus
 - AP History
- Access to Resources

HIGH SCHOOL

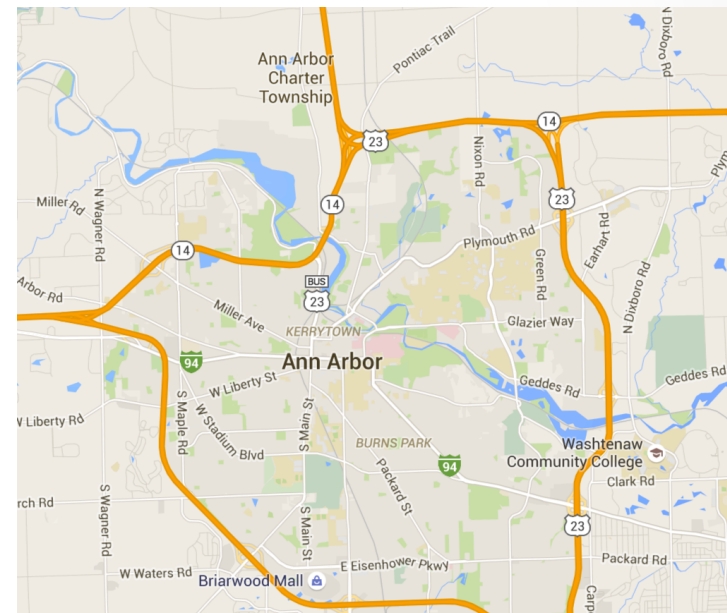
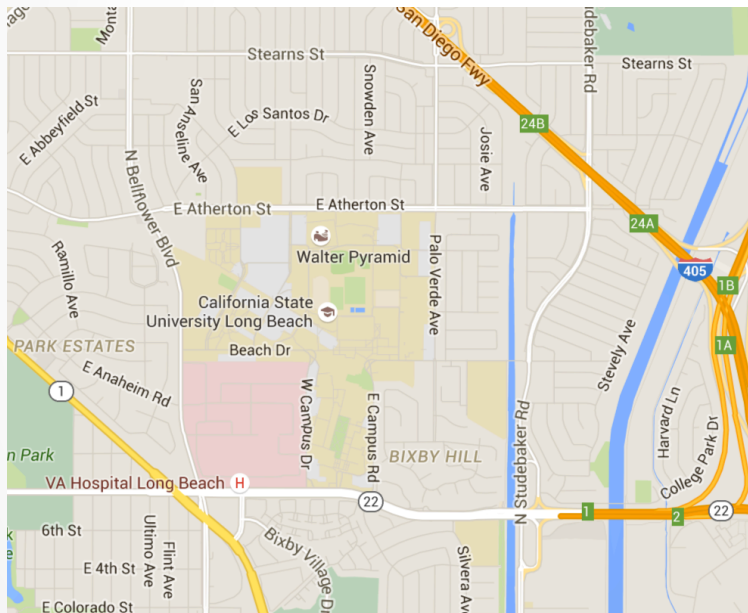
- Jobs I worked while I was in High School were:
 - Sandwich Artist, Subway – I learned about franchises
 - Salesperson, Pacific Sunwear – I learned about teams/ leadership
 - Salesperson, 5-7-9 – I learned about providing honest feedback

GETTING IN TO COLLEGE

- The top few things I did to ensure I got into college were:
 - SAT Prep
 - Extracurricular Activities – sports, theater, community service
 - Spoke to teachers for advice and mentoring
 - Talked to family/relatives who went through the process

COLLEGE

I attended CSU Long Beach and University of Michigan in Ann Arbor, MI.



COLLEGE

- I also attended Accent in Florence, Italy and UADE in Buenos Aires, Argentina



COLLEGE

Things I enjoyed in College

- Travel
- Working during college
- Collaborative Projects
- Leadership Roles
- Learning from other disciplines
- Social Activities

Things I didn't enjoy in College

- Exams
- Working during college
- Worrying about finances

COLLEGE

Favorite classes

- Sociology of Women
- Race, Class, Gender
- Physical Fitness
- Art History (Florence, Italy)
- Negotiations
- Business in Latin America
- Strategies at the Base of the Pyramid

Least favorite classes

- Calculus
- Statistics

COLLEGE

- Jobs I worked while I was in College were:
 - Summer Camp Counselor, AbilityFirst (Malibu)
 - Teacher's Aide, Newcomb Academy
 - Assistant to CEO, Lindstrom Financial
 - Education Intern, The Getty Center

COLLEGE

- Things that felt difficult or challenging for me while I was in College were:
 - Managing work/school/personal life
 - Living on my own
 - Having fun

GETTING A JOB AFTER COLLEGE

- The top few things I did to ensure I got a good job after college were:
 - Working through college
 - Being clear about skills I needed for the career I desired
 - Taking Real Estate Exam
 - Studying Nutrition
 - Getting an MBA
 - Finding Mentors

THIS IS MY COMPANY

- Every day at my company:
 - Driven by my passion to help people like my Mom take charge of their health
 - Teach people how to eat right; Motivate them to make small changes; Create easy to follow programs
 - Talk to groups of people, individuals, companies



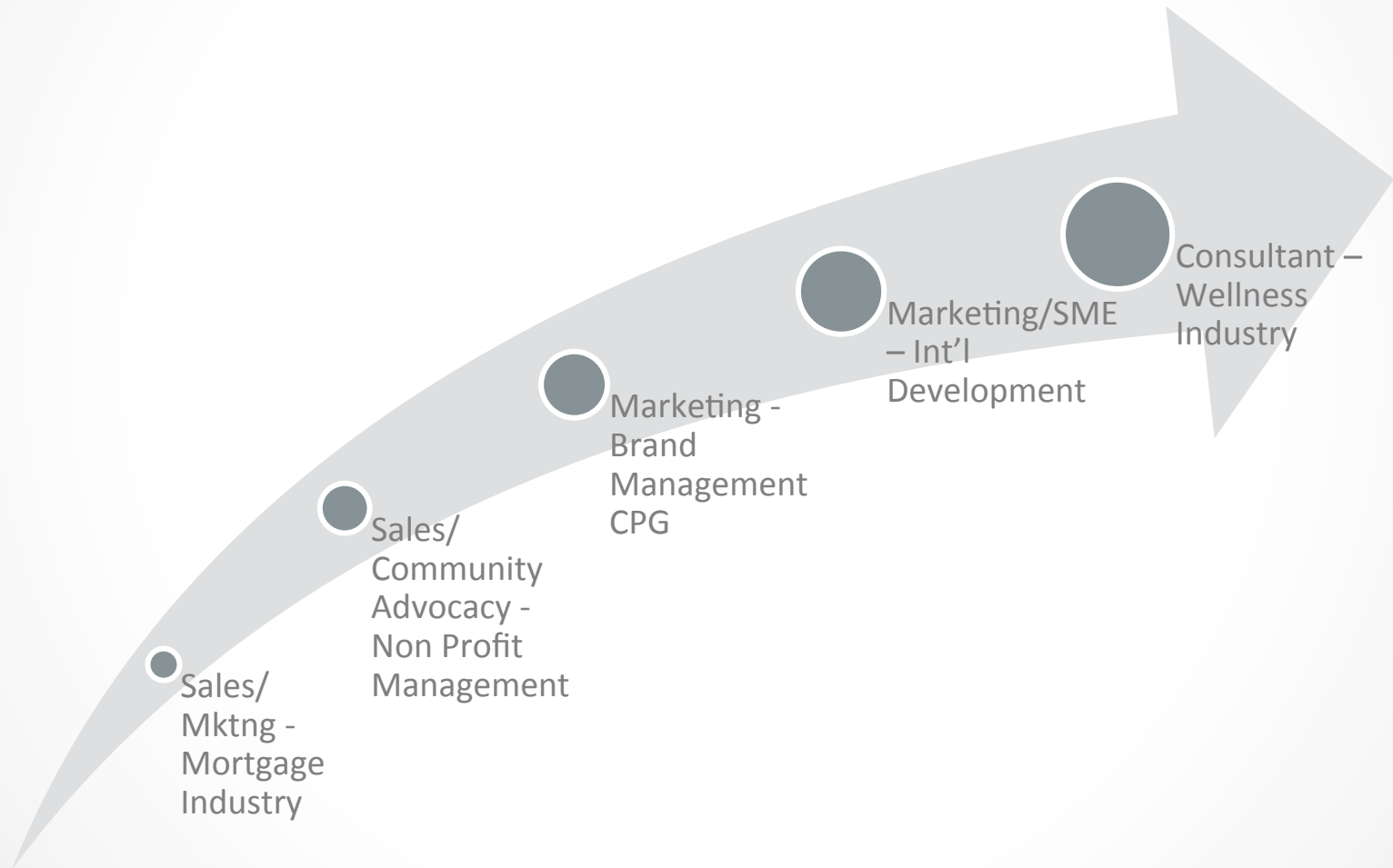
MY CAREER

- The first job I had after college was:
 - Loan Officer
- The worst job I have ever had was:
 - Human Resources Intern at a Manufacturing Plant

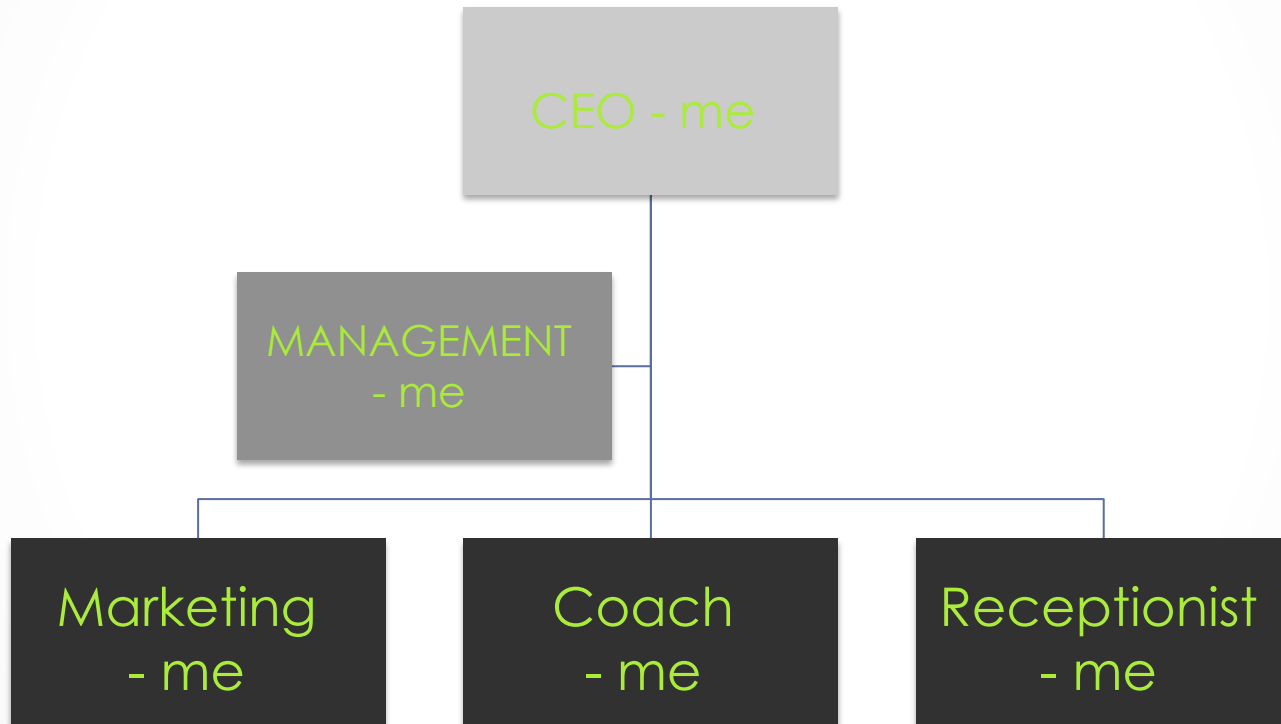
MY CAREER

- Challenges I have had to overcome throughout my career are:
 - Believing I did not have what it takes to follow my passion
 - Dynamics in the workplace – politics, bureaucracy, lack of diversity/role models
 - Deciding to pursue non-profit/international development
 - Losing patients to cancer; Staying motivated
 - Finding a balance between for-profit and mission-centric work

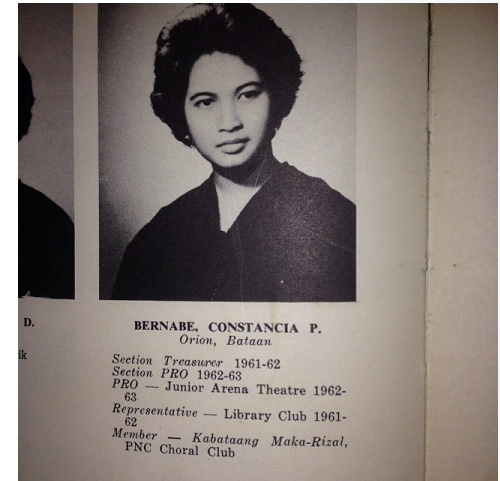
MY CAREER PATH



MY ROLE WITHIN ORGANIZATION



MY INSPIRATION



MORE THAN JUST WORK

- When I am not at work I like to:
 - Do yoga
 - Travel
 - Try new restaurants
 - Stay involved in my community



DO IT ALL OVER AGAIN?

- If I could talk to my high school self, what would I say?
 - Explore hobbies that light you up/inspire you
 - Find people with similar interests
 - Do not allow fear dictate your career

QUESTION AND ANSWER

