



Fran Capo has been a sought-after keynote speaker and seminar leader for over 20 years. She is a self-promoted comedienne, four-time world record holder, voice-over artist, nine-time author, adventurer and spokesperson. She is the creator of the first cybersitcom, *The Estrogen Files*.

Fran has appeared on over 350 television shows including: *Larry King Live*, *The Late Show*, *Entertainment Tonight*, *Good Morning America*, *The Martha Stewart Show*, *Fox and Friends* and *Ripley's Believe it or Not*. She has been heard on more than 3, 500 radio shows worldwide, including Howard Stern and a regular stint she had on WBSL-FM radio in New York City. She holds the **Guinness Book of World Records** title as the **World's Fastest Talking Female** at 603.32 wpm. (Try to win an argument with her!) Her record also appears in several *Ripley's Believe it or Not* books and in the Record Holders Republic.

Capo has bungee jumped, walked on 2000 degree hot coals, scuba dived with sharks, swam with dolphins, parachuted, flown combat aircraft, eaten fire, did a book signing on the top of Kilimanjaro and dove down to the wreck site of the Titanic! (How would you like to be her insurance agent?)

Fran has presented her seminars on humor, motivation and publicity to dozens of corporations including: IBM, Auntie Anne's Pretzels, Chock Full of Nuts, Expedia.ca, Qwest, Papa John's Pizza, Wal*Mart, AOL Time Warner, Pitney Bowes, All State, Motorola, Bank of America, Conair Hair Care, New York Life, Nissan, USA Cable Network, BASF, Information Builders, EFT, State Farm, Underwriters Laboratories, Skoolapalooza drug campaign, Citibank, Perdue Chicken and many more.

To see a learn more about Fran, check out her Internet TV show Fran's World, or for booking information please visit her website at:

www.FranCapo.com or email her at FranCNY@aol.com

Additional Fran Capo Services and Products that Educate-Motivate-Captivate

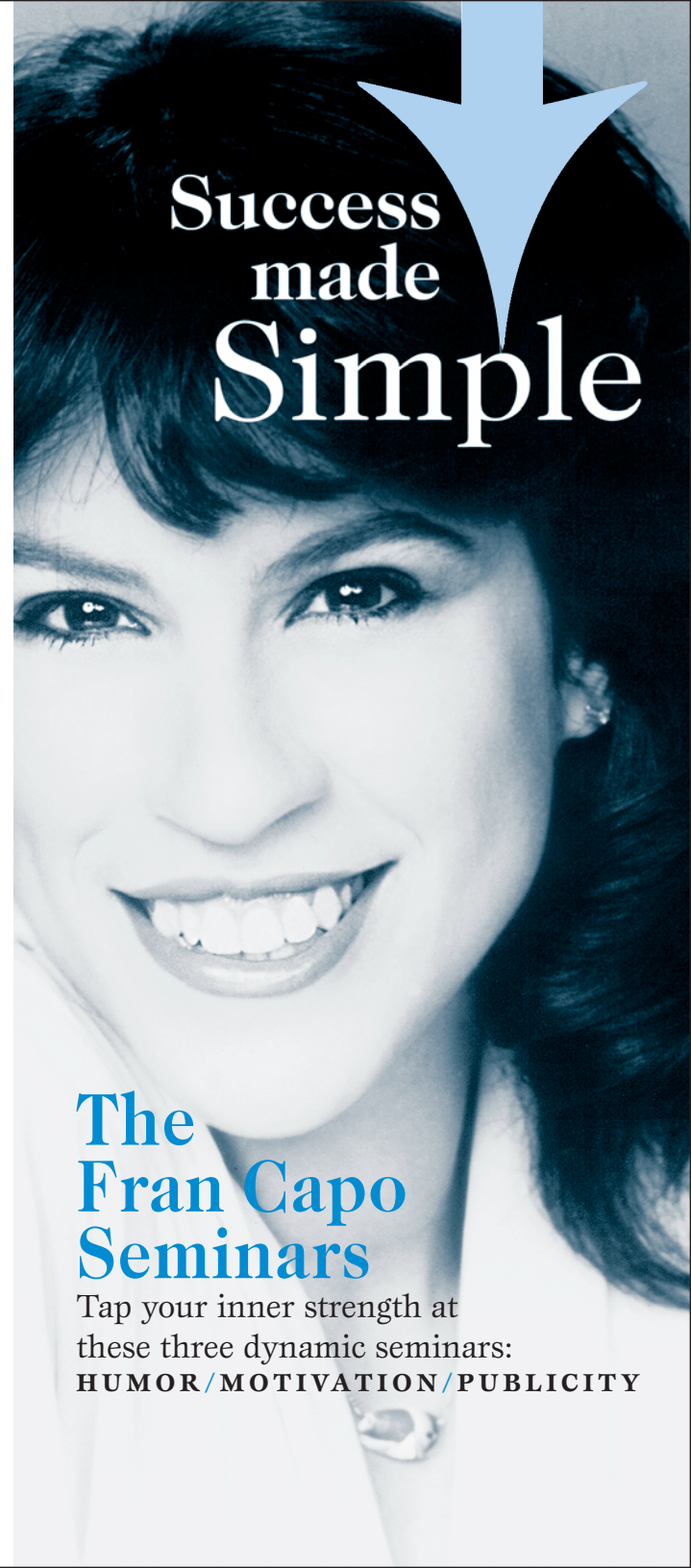
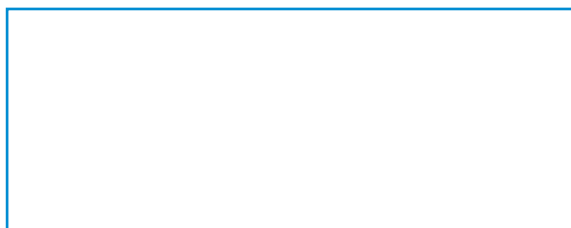
Fran is available for:

- Stand up engagements
- Grand openings & ribbon cuttings
- Voice-overs & on camera for in-house promotions
- World record fast-talking demonstrations
- One-on-one private consultation
- Spokesperson services
- Great impostor routine
- Freelance writer for booklets, copy and press
- Radio and television interviews
- Radio and television hosting
- Panel discussions
- Writing articles for newsletters

Books and tapes available through Fran's website and mailorder:

- *Humor in Business Speaking*
- *How to Get Publicity without a Publicist*
- *How to Break into Voiceovers*
- *It Happened in New York* (amusing true history of New York)
- *Almost a Wise Guy* (true comic crime novel)
- *Fran's Fast Fractured Fairy Tales* (CD)
- *It Happened in New Jersey*
- *Adrenaline Adventures: Dream it, Read it, Do it**
- *It Happened in Pennsylvania*
- *Secret of Publicity* (DVD)
- *The Science of Getting Rich* (CD)

To order or get a complete media kit, contact:



Success made Simple

The Fran Capo Seminars

Tap your inner strength at these three dynamic seminars:
HUMOR/MOTIVATION/PUBLICITY

*Of all your senses,
which one can't you do without?
Your sense of humor.*

SEMINAR #1

The Humor Approach

Using Humor in the Workplace
and in Everyday Life.

Humor is a powerful tool. It can heal the sick (ask Norman Cousins), improve morale (ask Bob Hope), win an argument (ask your spouse), or make you into a powerfully dynamic leader, team builder and speaker....

Fran Capo will teach you how to:

- ◆ Create a strong positive self image
- ◆ Build confidence in yourself and others
- ◆ Use humor to relieve stress on the job
- ◆ Enhance creativity and productivity
- ◆ Mediate conflicts and build teams
- ◆ Increase the effectiveness of your speeches and presentations

From school teachers to lawyers, and sales-people to doctors, everyone can benefit from The Humor Approach.

“The funniest seminar leader alive!”

PAUL KARASIK, *President,
American Seminar Leaders Association*

“Capo springs to the stage. She is full of energy, capturing the audience with her outgoing presence.”

FEATURE MAGAZINE, NY

“One hell of a lady!”

MORTON DOWNEY, JR.

*Is there something you always wanted to do—
but you procrastinated? Were afraid of? Or never
found the time? What's holding you back?*

SEMINAR #2

Dare To Do It

A motivational experience

Now *you* can take control of your life. Fran Capo, who has learned to turn her fears into fearlessness, has been showing others how to do the same and succeed.

Fran will show you how to be D.R.I.V.E.N.

Determined
Resilient
Industrious
Vigorous
Enthusiastic
Nervy

Using humor, inspirational anecdotes, demonstrations and group participation, Capo's lecture will reveal her **secrets to overcoming self-imposed limitations**. Whether your particular self-defeating behavior causes you financial, personal, career, spiritual, or emotional challenges, you will leave feeling motivated and ready to overcome any obstacle. *Try it—we dare you!*

“She's amazing. She's a genius.”

ERNIE ANASTOS, *CBS This Morning*

“You are an inspiration to anyone who has a dream and needs a little help getting off their butt to follow it.”

JEANNE WINKLE, *Enterprise Leasing*

“Fran is a speaker who is always inspirational and also funny at the same time. When I saw her I knew that I found a winner.”

JANETTE BARBER, *Supervising Producer/Writer
Rosie O'Donnell Show*

*Have you ever wondered why
some people always seem to get the press,
and think, “Why not me?”*

SEMINAR #3

How to get Publicity without a Publicist

If you're a entrepreneur, public speaker, entertainer, events planner, small business owner or politician... *you need publicity*

Advertising is incredibly costly...publicity is free advertising ! Anyone can do it, you just need to know how. Fran Capo will teach you her step-by-step method for getting media exposure.

You will learn how to:

- ◆ Develop a professional media kit
- ◆ Create a “salable hook”
- ◆ Use the “buzzwords” that interest the media
- ◆ Set yourself apart from the competition
- ◆ Prepare yourself for media appearances
- ◆ Gather a list of publicity sources

Tell the world that you have arrived—for free!

A few minutes of publicity is worth thousands of dollars in paid advertising.

“Success is the only place to go with this workshop. Thank you for creating something so valuable.”

PAM KRAMER, *Bradley Baron Agency*

“Your presentation was on the mark, hilarious, raised the level of spirit with the group and was generously applauded by all members of the audience.”

DOUG KULIG, *Manager of Sales Training, Motorola*

Ask about Fran's 2 new seminars: **Creativity in Marketing** and **Success Made Simple**