

May 5, 2026

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# It All Comes Out in the Wash

*Creativity, Routine, and the Power of Humor in Storytelling*

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# Today

- *My Story*
- *Your Story*
- *Why Creativity Matters*
- *How Routine Fosters Creativity*
- *How Humor Creates Connection*
- *Embracing Creativity and Humor in Business*
- *Q & A*

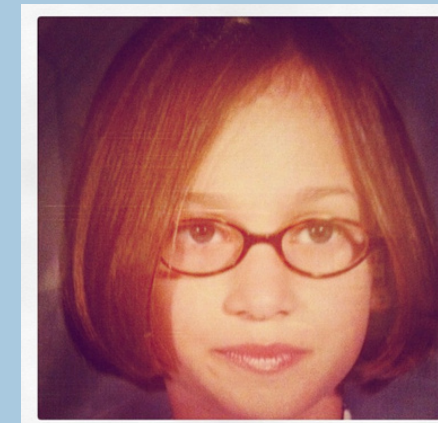
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# My Story

- *Upbringing*
- *Education*
- *Career*
- *Family*
- *Breakdown and Breakthrough*



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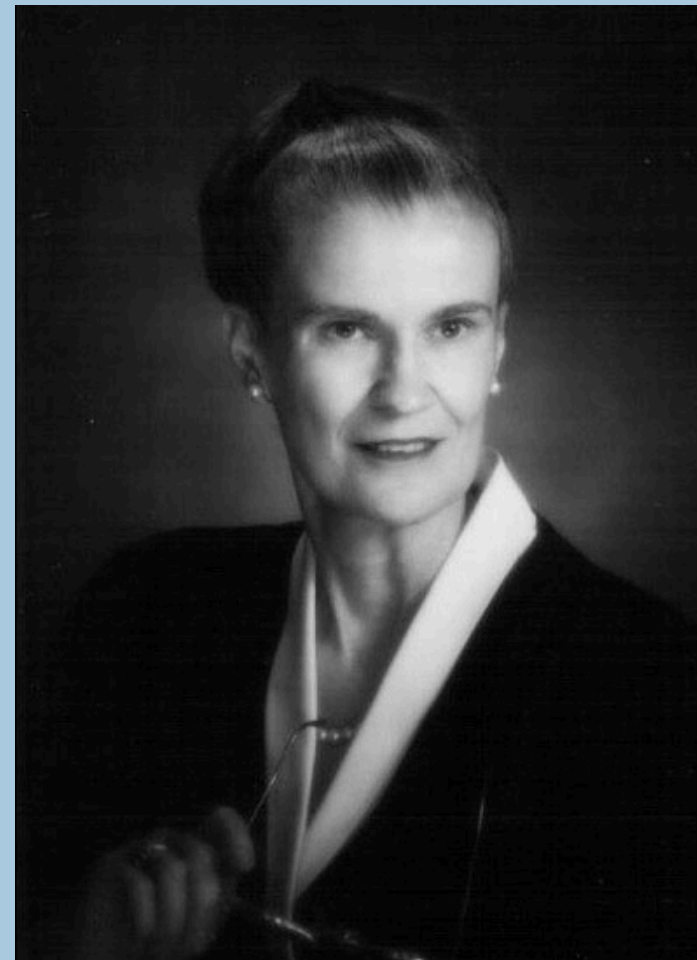
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# My Grandmother, Dr. Frances A. Karnes



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# Your Story

- *What has happened + your perspective*
- *Your personal brand*
- *Your story matters for and **beyond** your business.*

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# Why Creativity Matters

- *Redefining creativity*
- *Problem-solving*
- *Resilience*
- *Purpose*

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# How Routine Fosters Creativity

- *The myth of inspiration*
- *Freedom within boundaries*
- *Cultivating creativity through daily routines*

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# How Humor Creates Connection

- *Laughter dismantles fear*
- *Humor helps us process transition and trauma*
- *Humor creates audiences and communities*

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# Embracing Creativity and Humor in Business

- *Storytelling through social media*
- *Humor and relatability build trust*
- *Owning your story and ‘punching it up’ through storytelling strategies*

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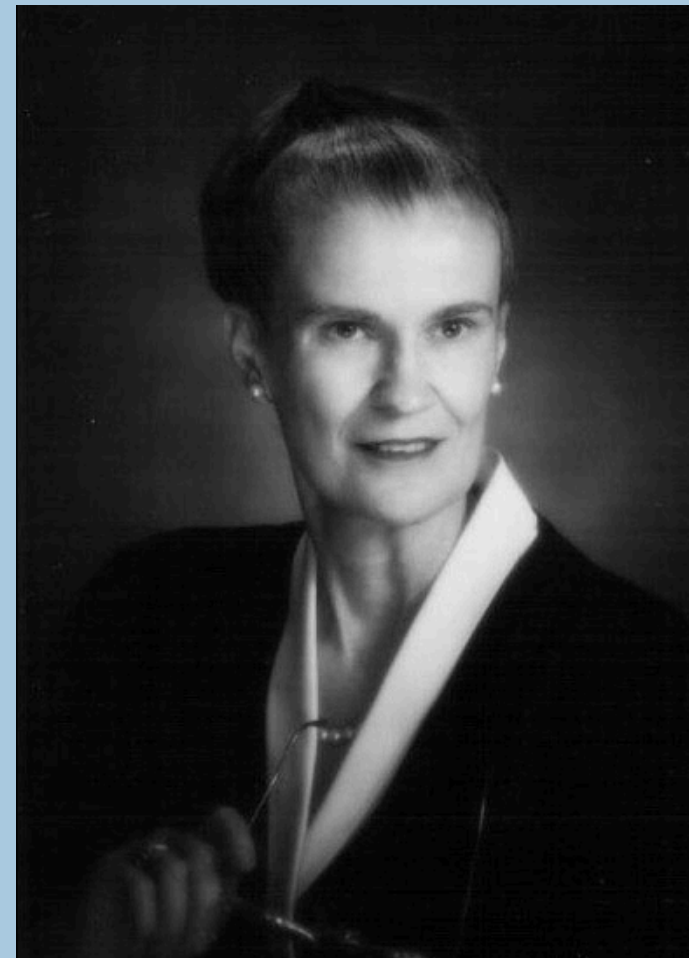
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# Final Remarks and Q&A

- *Our stories are bound to those of the women around us.*



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