



Emmy Award Winning Broadcast Journalist
Award-Winning Children's Author
and TV Personality



Janet Zappala

To schedule Janet Zappala for your next event, contact Talent Concierge® Artists Agency



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You need to want to want it badly enough... to get to the YES!

When life throws curveballs, your audience needs more than motivation—they need a mindset shift. Janet Zappala delivers just that.

No fluff. No ego. Just real-world wisdom and lasting impact.
Book Janet when your audience is ready to bounce forward.

SPEAKING TOPICS:

- You Need to Want it Badly Enough to get to the YES!
- Bounce Back: Turning Life's Setbacks into Powerful Comebacks
- Feel Good, Live Well: Wellness That Works in the Real World
- The Power of Story: Finding Your Voice, Sharing Your Truth

“An award-winning journalist and children's author, Janet helps audiences reframe obstacles as”



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your HEALTH *matters*



Janet Zappala is an Emmy Award-winning journalist and celebrated author whose career spans decades of compelling storytelling, impactful reporting, and inspiring young readers. With six Emmy Awards and 14 nominations, along with a Golden Mike Award and a First Place Award from the Associated Press, she has built a legacy of excellence in broadcast journalism, recognized for both her integrity and heartfelt approach to the news.

Janet's storytelling brilliance extends beyond the anchor desk into the world of children's literature, where her writing has earned national acclaim. In 2025, she was honored as Children's Author of the Year and Empowered Woman of the Year by the International Association of Top Professionals (IAOTP). Her most recent book, *Guapo's Great Rescue*, received the Publisher's Choice Book Award in 2024 for its poignant message of healing and resilience, as well as the prestigious Family Choice Award the same year.

Her earlier title, *Guapo's Giant Heart*, garnered a Moonbeam Children's Book Award in 2022, an Amazon E-Book Bestseller, and was recognized with a Story Monsters Certificate of Excellence in Literature, affirming her place as a powerful voice in children's publishing.

Whether delivering news with clarity and compassion or crafting stories that help children navigate life's challenges, Janet Zappala's work continues to educate, uplift, and empower audiences of all ages. Get ready for Janet Zappala. Real talk. Real results. And a whole lot of heart.

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Published Author

Janet Zappala's Children's Books: Heartfelt Stories with Healthy Messages

Janet Zappala is the author of a charming and meaningful collection of children's books that blend imagination, life lessons, and wellness in a way young readers and parents adore. Her stories are filled with vibrant characters, positive values, and easy-to-digest messages that encourage children to be kind, courageous, and confident in who they are.

Drawing from her experience as a journalist, wellness expert, and mom, Janet's books are more than just entertaining—they're empowering. Whether she's teaching kids about healthy habits, emotional resilience, or the joy of helping others, her books

Each book is designed to:

- Build self-esteem and emotional intelligence
- Promote healthy choices and habits
- Encourage kindness, empathy, and self-expression
- Foster a love for reading through relatable and uplifting storytelling

Perfect for schools, family events, and wellness programs for kids, Janet's books are a natural extension of her mission: helping people of all ages live better, feel stronger, and grow with purpose.



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Janet Zappala's Noteworthy Achievements

Emmy Award-Winning Journalist

Recognized for excellence in broadcast journalism with an Emmy Award—proof of her credibility, storytelling talent, and media expertise.

Certified Nutritional Consultant (CNC)

Combines science-backed health knowledge with real-life solutions to help audiences live healthier, more energized lives.

Published Author

Author of My Italian Kitchen and a series of beloved children's books that promote kindness, courage, and healthy habits to young readers and families.

Television Personality & Health Contributor

Featured on major networks including NBC, ABC, and regional news outlets, Janet has educated and inspired thousands with practical wellness advice.

You definitely won't find another keynote speaker like Janet Zappala



Emmy Award-Winning Journalist

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Program Descriptions and Take-a-ways

Bounce Back: Turning Life's Setbacks into Powerful Comebacks

We all face obstacles—but it's how we respond that defines our path forward. In this uplifting and empowering keynote, Janet shares tools and insights to help audiences build emotional resilience, reframe adversity, and embrace the power of the bounce-back mindset. Drawing from her Emmy-winning journalism career and personal journey of reinvention, Janet inspires audiences to move from breakdown to breakthrough—without losing heart.

Key Takeaways:

- How to reframe failure as feedback and fuel
- Strategies to cultivate a growth mindset under pressure
- Daily habits that build emotional resilience and long-term confidence
- The bounce-back blueprint for personal and professional setbacks

Feel Good, Live Well: Wellness That Works in the Real World

Forget quick fixes and overwhelming advice—Janet brings practical, science-backed wellness strategies that real people can actually use. As a certified nutritionist and media personality, she combines her health expertise with engaging storytelling to teach audiences how to eat smarter, stress less, and show up as their best selves in every area of life.

Key Takeaways:

- Simple shifts to improve energy, mood, and focus—starting today
- How food, sleep, and mindset affect performance at work and home
- A realistic approach to clean eating and wellness on-the-go
- Why taking care of yourself is the most powerful form of leadership

The Power of Story: Finding Your Voice, Sharing Your Truth

Whether you're leading a team, pitching a brand, or writing your next chapter—your story matters. In this inspiring session, Janet shows audiences how to own their voice, clarify their message, and use storytelling to connect, lead, and inspire. Drawing on her background as an award-winning journalist and children's author, Janet helps audiences communicate with authenticity and impact.

Key Takeaways:

- How to turn personal experiences into meaningful messages
- The storytelling framework that inspires action and connection
- Tools to speak with confidence—on stage, in meetings, or in life
- Why your voice is your power—and how to use it wisely



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JANET ZAPPALA is available for Public Appearances, Master of Ceremonies, Executive Presence, Autograph Signings, and Keynote messages.



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