SPEAKER, AUTHOR, CONFIDENCE COACH FOR WOMEN

DARA CONNOLLY

EVERY WOMAN DESERVES TO LIVE CONFIDENT. FEARLESS. SAFE.™

I give expert advice for every woman to live ***Confident. Fearless. Safe.***

Dara

It's one thing to imagine energy, motivation and change — Dara makes it happen LIVE!

POPULAR SPEECHES

Dara delivers custom innovative experiences that engage your audience with hilarious stories, actionable steps, and interactive exercises.

MOST POPULAR

POSITIVE TRANSFORMATIONAL CONFIDENCE™ — *Be a respected female leader!*
Exude ultimate body language confidence. End interrupters or being ignored– Speak to be seen, heard and remembered!

FLIP FEAR — *Crack the code on fear & get the life you want!*
Break through old patterns. Crush limiting beliefs. Move past the 4 most common traps for women and be more successful in business and life.

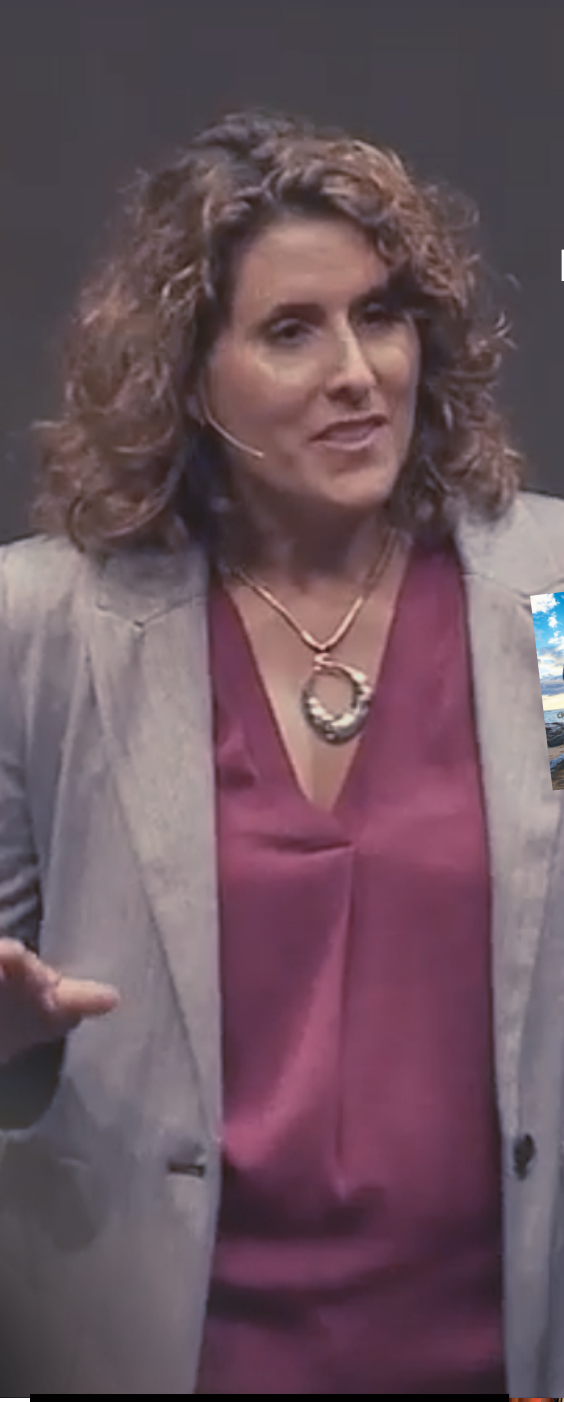
STAGE™ PRESENTATIONS — *Present with power, presence, & purpose— Every time!*
Learn Dara's STAGE™ method of speaking– close more sales and deliver powerful presentations that set you apart. Increase your confidence on: creating a memorable premise, speech structure, the art of story-telling, and on-stage or virtual delivery presence that connects with your audience.

> *After attending a presentation led by Dara Connolly, I came away with* ***actionable tools to build a stronger, bolder, more confident presence*** *in everyday interactions with both men and women.*
>
> *Dara has a keen awareness of meeting women right where they are — guiding them to increasing confidence — better equipping them in today's world.*
>
> *She's relatable, engaging, and a master at making others feel welcome & supported.* ***I highly recommend Dara and would hire her again*** *for speaking engagements!*
>
> ***Shelley Lumm,***
> ***Owner JSL Auctions***

HIRE DARA WHEN YOUR MESSAGE MUST BE MEMORABLE AND YOUR AUDIENCE LEFT INSPIRED

Whether you need a dynamic, content-rich keynote, an audience-involved breakout, or a customized corporate training, you owe it to your audience to hire Dara Connolly!

DARA CONNOLLY • 510.847.2400 • DARA@DARACONNOLLY.COM • WWW.DARACONNOLLY.COM



SPEAK UP — AT WORK & ON STAGES
DEMOLISH FEAR — LIMITLESS POTENTIAL
BE TEDX CONFIDENT— ULTIMATE MAGNETISM!

FOUNDER — KURUKULA™ *Women's Empowerment Movement*
Dara, a certified black-belt instructor, started an award-winning women's movement in 2004. She realized the need for a program beyond physical skills to help women speak up to be heard, get paid what they deserve, and have ultimate confidence in every day situations.

AUTHOR — *Flip Your Fear*
A beautiful coffee-table book with a simple yet profound message to crack the code on fear. The mesmerizing photographs on each page and thoughtful words will inspire you to move through fear in a refreshing new way. Published 2020, available on Amazon.

AUTHOR — *Jerky Johnny™ Workbook for Women*
A practical guide for adult women to learn effective tools for speaking up and handling workplace bullies, aggressive family members, or everyday jerks.
Published 2020, available on Amazon.

CREATOR — *Jerky Johnny™ Safety Game*
An educational role-playing game to help young people develop healthy relationships. Jerky Johnny is an Amazon Top 100 product.

AUTHOR — *Someone You Know*
An easy and entertaining read to help you attract positive people and avoid the harmful ones. Handle relationship or workplace bullies, and avoid assault or harassment before it's too late. Published January 2019, available on Amazon.

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