

DARA CONNOLLY

**EVERY WOMAN DESERVES TO LIVE
CONFIDENT, FEARLESS, SAFE™**

Speaker | Author | Expert

www.DaraConnolly.com



*Working with women to speak up to be heard, get paid what we deserve, and kick fear to the curb!—
Live Confident, Fearless, Safe*

- **Founder:** Award-winning women's empowerment movement
- **Author:** *Flip Your Fear; Crack the Code on Fear & Get the Life You Want*
- **Author:** *Someone You Know; Expert Secrets to Prevent Bullies, Sexual Assault & Bad Relationships*
- **Author:** *Jerky Johnny Workbook- Prevent Workplace Sexism*
- **Author:** *Jerky Johnny® Safety Game*

Achievements

- 2020 Published *Flip Your Fear; Crack the Code on Fear & Get the Life You Want!*
- 2020 City of Albany Award for Best Instruction
- 2020, 2019, 2018 Winner Toastmasters International Speech Contests, District 57
- 2020 Published: *Jerky Johnny Workbook for Women*
- 2019-Present Member National Speakers Association
- 2019 Published: *Someone You Know; Expert Secrets to Prevent Bullies, Sexual Assault, & Bad Relationships*
- 2017 Winner *Soroptimist International* Award for Excellent Service Helping Women
- 2017 City of Danville, San Ramon Mayoral Awards for Excellent Service
- 2016 Published Amazon's Top 100 Toys: *Jerky Johnny™* (educational role-playing to help young adults develop healthy relationships)
- 2005-Present Awarded distinguished grants from:
 - *Albany Police Department*
 - *Girls Inc.*
 - *Girl Scouts*
 - *National Charity League*
 - *EDFUND*
 - *Department of Children, Youth, & Families*
 - *City of San Ramon and Danville mayoral Awards*
- Bachelor of Science: Minor Women's Studies *University of Rhode Island*
- Certified Black-Belt Instructor, 15+ years teaching sexual assault prevention

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Testimonials from Presentations

*"After a presentation by Dara Connolly, I came away with **actionable tools to build a stronger, bolder presence** in everyday interactions with men and women. Dara has a keen awareness of meeting women where they are and guiding them to increase confidence in voice and presence. She's relatable, engaging and a master at making others feel supported. I highly recommend her and would hire her again."*

—Shelley Lumm, Owner and Consultant JSL Auctions

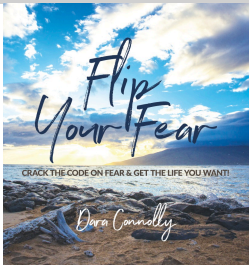
*"Dara Connolly is fantastic! I can't explain the confidence she gave me and my adult daughters. Becoming self-sufficient and believing in yourself while staying safe! **This program is worth it!**"*

—Tracy Wiley, Mother

*"Dara Connolly is an **engaging speaker!** She's not afraid to deal with the tricky issues that women experience. She gives excellent advice on how to stand up for what you believe and feel safe. She is very professional!"*

—Viveca Hubbard, President Chamber Chatters TM Speaking Club

Her Books



About *Flip Your Fear* book:

A beautiful and inspirational book with a simple, profound message to help you overcome fear.

"What a beautiful book! Empowering in its message, yet graceful in its delivery. I can see this as a coffee table book with its amazing photos and elegant statements on flipping fear. Well done!"

—Abby Juan, Author of *How Me Found I; Mastering the Art of Pivoting Gracefully Through Life*



About *Jerky Johnny™ Safety Game*:

Educational role-playing to prevent unhealthy relationships. Ideal for women 12-college.

"As a father of three daughters, I appreciate the important work Jerky Johnny does for women."

—Mike McQuiston, Chief of Police, Albany, CA (Retired)

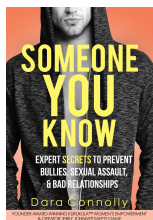


About *Jerky Johnny™ Workbook*:

Practical steps to handle and prevent workplace bullies and everyday abusers.

"Jerky Johnny workbook informs women of the warning signs of abuse. The information is of great value."

—Jan Dombrower, MFT Marriage, Child & Family Therapist



About *Someone You Know* Book:

An easy, profound, and entertaining read to help you attract positive people and avoid the bad ones. Learn expert advice to prevent abusers from targeting you.

"This book provides valuable insight to women (and men) on sexual assault prevention and escaping dangerous relationships."

—Christine Dillman, Director Sexual Assault, Tri-Valley Haven