



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

3 Speech Descriptions:

Speech Title: **FLIP FEAR- GET THE LIFE YOU WANT!**

Talk Summary

In this highly engaging and positive presentation, audience members will be transformed when they learn to unleash their power by cracking the code on fear by *flipping* it. Every person will leave feeling inspired. Takeaway the simple action steps to attract positive opportunities and live with purpose and ease. Positive, fun and highly motivational!

Talk Description

For most of my life I was a timid wallflower. Although I had a black belt in karate, I lived afraid. My fears were debilitating. Doing activities outside my comfort zone helped a little, but it wasn't until I discovered how to flip fear when I saw extreme results.

Do you have a dream or passion inside of you but fear holds you back? In this highly engaging and interactive presentation, you will learn a simple yet profound code to conquer fear that anyone can do. You can achieve your wildest dreams- even the ones far outside your comfort zone!

3 OUTCOMES:

- Crush self-limiting belief and imposter syndrome and be more successful at work and in life!
- Break old patterns and eliminate the 4 common traps for most women!
- Overcome the 3 types of fear that keep you from getting the life you want!

Bio:

For the past 16 years, Dara has been leading an award-winning women's movement. She is a certified black belt instructor who knew that even her black belt wasn't enough to help her live confident or fearless. She designed a program that has taught thousands of women to speak up to be heard, get paid what we deserve, and kick fear to the curb.

Dara is an award-winning and TEDx speaker, who is endorsed by therapists, mayors, and other dignitaries including:

Soroptimist International
Albany Police Department
Psychological Counseling & Therapy Products Association
EdFund
City of Danville & San Ramon mayoral offices
Dr. Laura Schlesinger

Dara is the author of four books— her most recent, *Flip Your Fear- Crack the Code on Fear & Finally Get the Life You Want* and the *Jerky Johnny* workbook for women—are both critically acclaimed.

Her presentation style is highly interactive, funny, and will transform audiences when they learn the simple, yet profound code she developed to flip fear and discover how effortless life can be.



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Speech Title: **ULTIMATE BODY CONFIDENCE– BE A RESPECTED LEADER & GET THE PAY YOU DESERVE**

Talk Summary

In this highly engaging and positive presentation, audience members will be transformed when they learn how to exude body confidence to be seen as a respected leader who gets paid what they deserve.

Takeaway the key action steps to communicate your worth, speak in a way that gets others to listen, and attract wealth and opportunities. Positive, fun and highly motivational! Every person will leave feeling inspired.

Talk Description

Many of us are passed over for promotions and talked over at meetings. It is time our voices are heard! Learn the 3 strategies to be seen as a respected and well-paid influencer and have others respond to you differently. Takeaways include how to exude confidence to prevent being talked over at meetings, precise communication to handle conflict and prevent interruptions, and powerful practices to command a leadership presence.

Outcomes

- Learn the power of poise and presence– to be seen as a leader who gets the respect and pay you deserve.
- Discover how to speak to be heard and communicate in a way that gets everyone to listen.
- Takeaway the action steps of high performers and the essential 3 questions every leader must ask.

Bio

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Her presentation style is highly interactive, engaging and will transform audiences when they learn how to exude confidence and been seen as a respected leader.



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Speech Title: **JERKY JOHNNY- REPEL SEXISM, BULLYING AND HARASSMENT**

Talk Summary

An overwhelmingly large number of women (81% according to NPR) report being sexually harassed in the workplace. This includes any unwanted comments, jokes, or contact that are sexual nature. Most people think those who commit harassment are older, men who work in stereotypical jobs or that the women who experience it must have brought it on in some way. The flaw in that thinking is that we assume the people who commit these behaviors (or those that experience it) are ‘bad people’, however that is not at all the case. Harassment happens to common women at all income levels *from* men in all income levels. We simply need to learn how to stop it.

In this powerful presentation, you will learn the who, what, when and how these situations occur and how women can prevent from being targeted. Participative, engaging and practical!

Talk Description

Have you ever felt discriminated against or experienced harassment in the workplace? This is an awful experience for anyone to endure. Most of us know what it’s like to be on the receiving end of sexism or abuse. If you are a woman who is ready to have a seat and voice at the table- sans the misogyny- this talk is for you.

Dara Connolly was a trained black belt instructor who taught assault prevention to women for over 15 years. She has designed this program to teach you practical tools to prevent sexism, bullying and harassment. Every woman deserves to live Confident, Fearless and Safe!

3 Outcomes

- Feel confident in your body and space to prevent corporate jerks from targeting you.
- Learn to master your assertiveness, boundary setting, and conflict resolution skills in all situations.
- Learn the 10 Danger Signs of abusers– to prevent getting involved with one.

Bio

For the past 16 years, Dara has been leading an award-winning women’s movement. She is a certified black belt instructor who knew that even her black belt wasn’t enough to keep her safe or prevent “Johnny” the aggressive work colleague who tried to prey on her. She designed an innovative and effective program that has taught thousands of women to identify and prevent abusers from targeting us.

Dara is an award-winning and TEDx speaker, who is endorsed by police, therapists, mayors, and other dignitaries including:

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