

# DARA CONNOLLY

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

**Speaker | Author | Expert**

[www.DaraConnolly.com](http://www.DaraConnolly.com)



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

- **Founder: Award-winning women's empowerment movement**
- **Author: *Flip Your Fear***
- **Author: *Someone You Know***
- **Author: *Jerky Johnny Workbook- Prevent Every Day Bullies***
- **Author: *Jerky Johnny® Safety Game***

## Achievements

- 2020 Published *Flip Your Fear*; Crack the Code on Fear & Get the Life You Want!
- 2020, 2019, 2018 Winner Toastmasters International Speech Contests, District 57
- 2019 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 game 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: Food Science/Nutrition, Minor Women's Studies *University of Rhode Island*
- Certified Black-Belt Instructor, 15+ years teaching sexual assault prevention

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## Background

Dara Connolly, a certified black belt martial arts instructor realized a need for a separate class to empower women to live confident, fearless and safe. In 2004, she started an award-winning women's empowerment movement. She knew her physical trainings alone were insufficient and left her ill prepared to speak up to be heard or handle everyday bullies, sexism or harassment. Dara inspires every woman to live confident, fearless, and safe!

Dara offers interactive and engaging speaking engagements internationally and private coaching for women.

Target Audience:

- Adult women- who want to speak up to be heard, get paid what they deserve and eliminate sexism, bullying and harassment.

## Testimonials from her Presentations

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

*"Dara Connolly is an engaging speaker! She's not afraid to deal with some of the tricky issues women deal with. She gives excellent advice on how to stand up for what you believe and feel safe. Dara selflessly created workshops, a game (Jerky Johnny), and several books) in order to help women and girls. I recommend Dara and her program to individuals, groups, and organizations. She is very professional!"*  
—Viveca Hubbard, President Chamber Chatters TM International Speaking Club

*"My adult daughter and I attended your Boundary Setting presentation last night & came home so excited. We will be applying what we learned at work and even to friends. It was amazing! The lessons you taught were invaluable. Thank you for a wonderful presentation. We thoroughly enjoyed it!"*  
—Suzanne Sterling, Mother

*"Dara is a gem! Her passion for the Empowerment and safety of women is evident both personally and professionally. She is an exceptional and inspirational speaker. Her depth of knowledge, compassion and her deep desire to see women and girls be strong physically, emotionally and spiritually is present in all of her work."*  
—Lisa Fairchild, Founder, On the Edge Coaching

**Her Book:** *Flip Your Fear- Crack the Code on Fear and Get the Life You Want!* (published March 2020, available on Amazon and BarnesandNoble.com)

## About the Book:

Are you tired of watching others succeed and wondering when it will be your turn?

Is there a dream or idea inside of you but fear is holding you back from pursuing it?

Inside this book is a simple code to flip your fear and help you finally get the life you want. The idea of flipping fear is a new concept that you most likely have never heard before. All you have to do is trust the process and apply the wisdom in this book. Those who follow the code have noticed they have achieved great success and overcome massive obstacles. All of this is available to you too! Simply turn the page.

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## From the Author:

*Flip Your Fear* is unlike any other books I've written. The words readers have used to describe this book are: "poetic", "beautiful", "inspiring", and "profound".

When I was younger I heard a profound saying...

The wisdom was very helpful for me and I believe it will help you too.

In this book, you'll learn a simple "game" to help you crack the code on fear. It can be used to improve every aspect of your life - health, wealth, relationships and happiness. Once you *Flip Your Fear*, you'll begin to discover the hidden power that lives within you. You will notice you can do more, gain more, feel more confident and enjoy life more. You will see opportunities open up for you. You will finally realize the true potential that lives in you.

## Testimonials from Readers of *Flip Your Fear*

*"First of all, this is a beautiful book. The pictures alone could inspire you to make positive changes. However, the pleasurable read of Dara's words make sense to help us walk through what gets us stuck from reaching our full potential. I found her concept helped me to breathe through my discomfort of fear and find ways to reframe it so I can do, and be, better."*

—Stacey Oliver-Knappe, Owner and Chief Consultant *The Customer Service Gurus*

*"What a beautiful book! Empowering in its message, yet graceful in its delivery. I can see this book becoming 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*

*"In a world that changes so rapidly around us, there are bound to be times that we all are held back by our fears. **Flip Your Fear** is a great tool that is accessible and helps us ask the important questions to get us back on track!"*

—Rev. Heidi Hester, Pastor

*"Somewhere fear became a part of life and covered up our dreams. Reading **Flip Your Fear** with a smile on my face I became excited again to live my best life. Dara provides a simple code to help us overcome fear and live the exceptional life that we all deserve."*

— Jennifer Jost, Founder of Diamond Life Planning

*"Reading Dara's book opens a simple and direct door to the safety and security that I always there within us. Her word speak clearly and profoundly, pointing our gaze to the Truth- that loving ourselves includes training our mind so that we can flip fear around, so it may release its grip. The images awaken the senses. The words awaken the mind. Her expression is healing and wise"*

— Dev Avtar, Healer, Soul Awakening and Healthy Relationships

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***“Flip Your Fear*** is eye-opening and thought provoking. The inquisitive questions and the insightful ideas will cause you to come back to this resource over and over. It will uplift you and inspire you as you focus on making changes in your mind and your life. Keep coming back to this book to support you on your journey of living fearlessly and fully.”

— **Caterina Rando, Author of *Learn to Think Differently***  
**Founder, Thriving Women in Business Community**

“WOW! I didn't have to read all of it to know that I LOVE IT. I love the images, and the way you "Flip" fear. How each page has only a few sentences, but they are thought-provoking and make you want to stop and think.

— **Shanna Kabatznick, Trainer, Speaker, Consultant, *Creating Connections that Count***

**Her Book:** *Someone You Know; Expert Secrets to Prevent Bullies, Sexual Assault, & Bad Relationships* (published January 2019 is available on Amazon and BarnesandNoble.com)

## About the Book:

Do you know a controlling person? Do you worry about sexual assault or bullies?

In *Someone You Know*, relationship expert Dara Connolly provides an easy, profound, and entertaining read to help you attract positive people and avoid the bad ones. Learn tools to handle bullies, mean girls, and avoid sexual assault predators or abusive relationships before it's too late.

## From the Author:

Are you tired of hearing about sexual assault and abuse in the news on a daily basis? I know I am.

We have all heard the buzz of #MeToo, #TimesUp, and the current Women's Movement but what specific skills have you learned to help keep you safe? As a professional self-defense expert, I have studied rape prevention programs and advanced assault techniques for many years and can tell you predators are more likely to be people you know- yet most can be prevented. *Someone You Know*, uses personal stories to help readers easily understand expert advice to prevent abusers from selecting you. I lay out useful safety tools that I have learned from my fifteen-plus years leading workshops for girls and women with my award-winning empowerment organization.

## Testimonials from Readers of *Someone You Know*

*“As a father of three daughters, I really appreciate the important work this does for women.”*

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

*“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**

*“As a psychotherapist for 40 years, I have treated many adult and child victims of abuse. This book provides a significant contribution to informing people of the coping skills and warning signs regarding abuse. The author's emphasis on positive self-esteem, deserving healthy relationships, and boundaries to mistreatment is of great value. Parents sharing the ideas in this book to their children would be highly beneficial.”*

— **Jan Dombrower, MFT Marriage, Child & Family Therapist**

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## Testimonials from her *Someone You Know* book & *Jerky Johnny* game

*"I wish someone had given me this book when I was growing up. I too swam in the culture of victim blaming, shaming women and patriarchy that Dara Connolly so clearly illustrates. We won't move the needle on sexual assault and violence against women until we look critically at the false myths that society uses to keep the cycle going. This book does just that. The author does not mince words; sharing stories and anecdotes that help the reader see the problem clearly. More importantly this book is full of wisdom and practical advice that can be implemented immediately. This book is an honest and frank discussion of the reality of sexual assault in our society and what to do about it. It should be required reading for all families."*

— **Yvette Givvin, Mother, Speaker, Story-Teller, Coach**

*"Someone You Know by Dara Connolly is a moving, informative, and deeply important book that demystifies our biases and myths about sexual assault and abusive relationships. I love her immediately applicable tips and real stories. I highly recommend this book to anyone who wants to empower themselves and all the women and girls they care about. Keep this book handy and refer to it often until the tips and tools Connolly shares become second nature. It's our turn -- we can change our world for the better!"*

— **Beth Barany, Award-winning Author, Creativity Coach, Teacher, Speaker**

*"Great speaker! Impressive mindset and I have to say if you haven't bought Dara's Jerky Johnny card deck...you must buy it! The content is so relevant and speaks to the pressures young girls are up against. I have gifted a few boxes to Youth Leaders, Social Workers and they were very impressed with the content!"*

*Example Question:*

*My best friend met a boy online, she is really nervous and does not want to meet him alone, she asked you to go with her. What do you do?*

*When my 13-year-old daughter answered with the following. Well Mom, I wouldn't let her go alone...what kind of friend is that?*

*I just about LOST my MIND! Thank you, Dara for this tool to allow parents like myself to begin a dialogue we didn't even know we needed to have."*

— **Christine Sevier, Creating New Hope, Senior Living Advocate**

*"Jerky Johnny is an excellent resource that will contribute to the education of girls (and boys) to prevent dating violence."*

— **Dr. Gary Yorke, President of Play Therapy Toys**

*"Someone You Know evokes profound insight, strong instincts, and deep awareness of relationships. Moreover, Dara Connolly empowers self-defense through mindful applications of intuition and emotional intelligence."*

— **Shashi Khosla, DDS, Life-Coach, Certified Yoga and Meditation**