



# MOLLY KENNEDY

**SPEAKER | AUTHOR**  
**IRONMAN TRIATHLETE | MOUNTAIN CLIMBER**  
**MOLLYKENNEDYSPEAKS.COM**

## **SPEAKER BIO**

Molly Kennedy is an award-winning, international resilience speaker and author of ***Creating the Champion Within***. She has spent the past 25 years empowering others to **Get UP When Life Knocks Them Down**.

Her heart's work is to inspire you to FLIP your mindset and develop your empowering beliefs with intention and consistency to become unstoppable.

Molly's message will empower you to get UNstuck from any challenge or transition life throws at you. You'll learn practical, user friendly strategies applicable to every aspect of life. This is NOT a one and done message! It will stick to your ribs!

She 'walks the walk' when it comes to resiliency, grit and perseverance. Molly grew up in a dysfunctional family with addiction, divorce, abuse, neglect, abandonment, suffered from an eating disorder, was suicidal and a runaway at 15 years old. If you are looking for a message of how to overcome obstacles, reach goals and create the best version of yourself, Molly is your speaker!

At 5' 1", she was the 3<sup>rd</sup> leading scorer in girls' basketball in Western New York history, she's a bodybuilding champion, an Empire State Games Gold Medalist in olympic-style weightlifting, has finished a full Ironman Triathlon (140.6 miles), completed multiple marathons, jumped out of an airplane twice, walked across fire twice, climbed the equivalent of Mt. Everest in 32 hours and summited all of New York State's highest 46 mountains.

Her enthusiasm, vulnerability, sense of humor and gut-level honesty will inspire you to believe in yourself and create the champion within YOU!

LinkedIn: Molly Kennedy, MA  
Instagram & X: @FlipYour20\_  
Facebook: @Flip Your 20  
YouTube: Molly L Kennedy