



# 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***.

Molly 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 presentation 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 presentation! It will stick to your ribs!

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

Connect on:

LinkedIn: Molly Kennedy, MA

Instagram & X: @FlipYour20\_

Facebook: @Flip Your 20

YouTube: Molly L Kennedy