

SPEAKER, AUTHOR, FEARLESS CONFIDENCE COACH

**DARA
CONNOLLY**



*I work with individuals to
Speak up, Speak Out,
Speak with Impact.*

Dara

It's one thing to imagine energy, motivation and change – Dara makes it happen LIVE!

POPULAR SPEECHES

Dara delivers custom innovative experiences that engage your audience with hilarious stories, actionable steps, and interactive exercises.

STAGE™ Speak on Stage Confidently without Notes or Slides- Every Time!

Learn Dara's STAGE™ method to easily prepare and present powerful presentations with a commanding presence that sets you apart. Increase your confidence on speech writing, structure, storytelling, and delivery that wows your audience every time.

POSITIVE TRANSFORMATIONAL CONFIDENCE™ – Be a Respected Leader!

Exude ultimate body language confidence and precise language to command a leadership presence. Speak to be seen, heard and remembered!

JERKY JOHNNY™ – Speak with Impact to End Sexism & Bullying!

Speak to end interrupters or bullies. Learn to diffuse conflict and handle difficult people. Identify the common traps and how to diffuse gender discrimination and inequality.

HIRE DARA WHEN YOUR MESSAGE MUST BE MEMORABLE YOUR AUDIENCE LEFT INSPIRED

Whether you need a dynamic, content-rich keynote, an audience-involved breakout, or a customized corporate training, you owe it to your audience to hire Dara Connolly!

“After attending a presentation led by Dara Connolly, I came away with **actionable tools to build a stronger, bolder, more confident presence** in everyday interactions and on stage.

Dara has a keen awareness of meeting audience members right where they are – guiding them to increasing confidence – better equipping them to speak with impact.

She's relatable, engaging, and a master at making others feel welcome & supported. **I highly recommend Dara and would hire her again** for speaking engagements!

Shelley Lumm,
Owner JSL Auctions

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**MOST
POPULAR**

**SPEAK UP — AT WORK & ON STAGES
SPEAK OUT — BE HEARD EVERY TIME
SPEAK WITH IMPACT— MAKE A DIFFERENCE**



AUTHOR — Flip Your Fear

A top-selling coffee-table book with a simple yet profound message to crack the code on fear. The mesmerizing photographs on each page and thoughtful words will inspire you to move through fear in a refreshing new way. Published 2020; available on Amazon.



AUTHOR — Jerky Johnny™ Workbook

A practical guide for women to learn effective tools for speaking up and handling workplace bullies, aggressive family members, or everyday jerks. Published 2020; available on Amazon.



CREATOR — Jerky Johnny™ Safety Game

An educational role-playing game to help young people develop healthy relationships. Jerky Johnny is an Amazon Top 100 product.



FOUNDER — KURUKULA™ Women's Empowerment

Dara, a certified black-belt instructor, started an award-winning women's movement in 2004. She realized the need for a program beyond physical skills to help women speak up to be heard, diffuse conflict, and exude ultimate confidence in every day situations.

