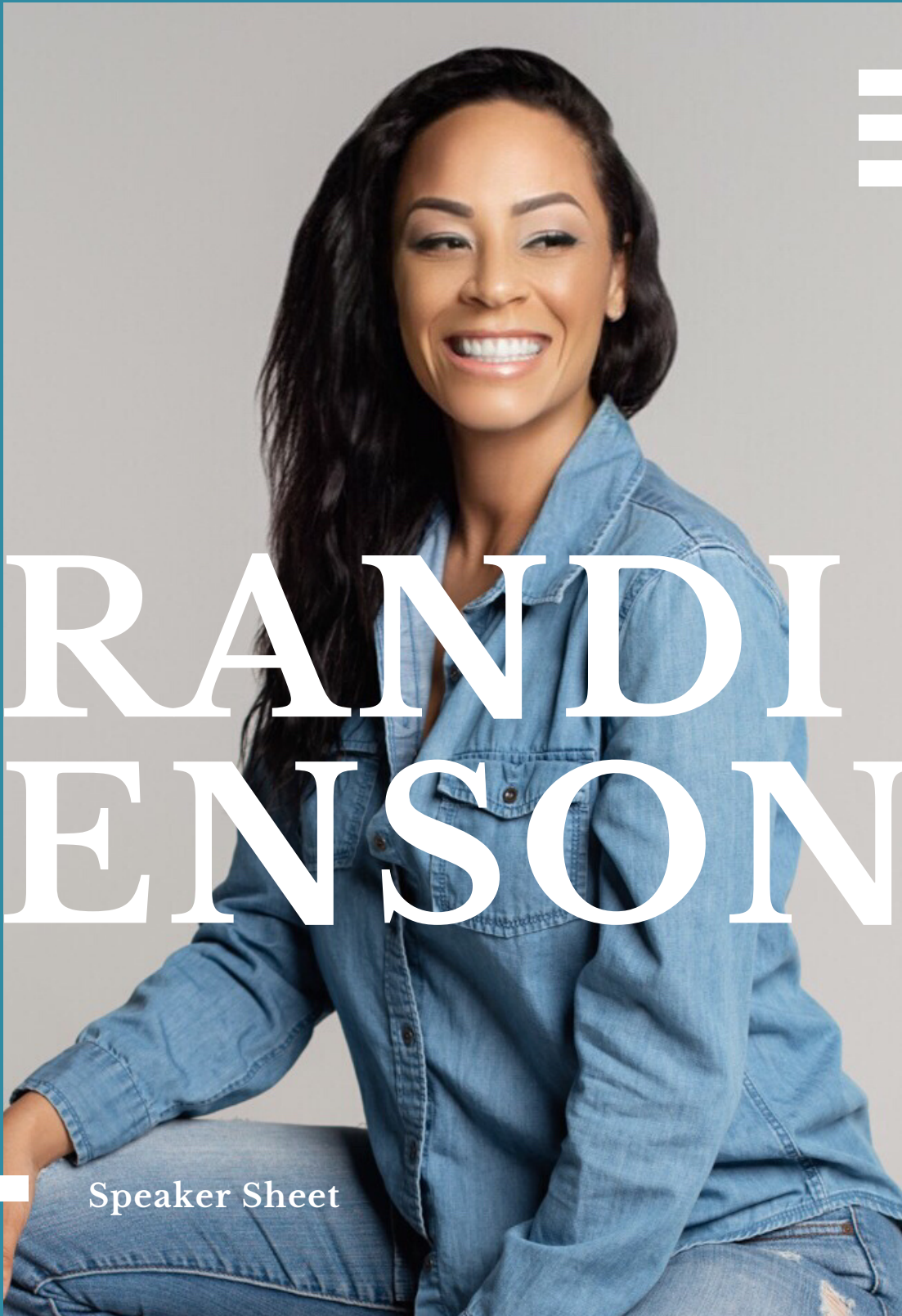


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BRANDI BENSON

Speaker Sheet

SPEAKER • AUTHOR • VETERAN • CANCER ADVOCATE



BRANDI L. BENSON

#BEATTHEENEMYINSIDEYOU

ABOUT

Brandi Benson is not just a disabled veteran and a survivor of a rare and aggressive cancer, but she is the only veteran to be honored with the Courage Award from the Sarcoma Foundation of American Inc. She is a motivational speaker who inspires individuals to be their best especially when faced with any degree of adversity by defeating the enemy inside them. If you are looking for a warrior that is resilient and able to motivate the audience through their storytelling, contact her today.

CONTACT

Phone: (808) 364 - 9885
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Website: BrandiLBenson.com

NICE TO MEET YOU

Brandi Benson is an American speaker, author, veteran, and cancer advocate.

In 2009, after being diagnosed with a rare form of cancer, Ewing Sarcoma, Brandi fought to overcome her diagnosis, heal after her treatments, and reclaimed her life through therapy, physical activities, and other healthy-living practices.

Through her speaking engagements and signature topic "Overcoming The Enemy Inside You" culled from the title of her acclaimed book, Brandi transforms the lives of her audience by encouraging them to pursue different avenues of physical and mental therapy to take charge of their healing and wellness.

Her mission is to provide an effective blueprint of strategies and resources that survivors, their loved ones and anyone struggling with "an enemy" in whatever form, can use to improve their overall mental health and decrease the likelihood of mental decline.

EDUCATION

Savannah College of Art and Design
MFA, Writing - 2015

Ashford University
BA, Journalism & Mass
Communications - 2012

AWARD

Courage Awards
Sarcoma Foundation of America Inc.
Oct 02, 2020

KEYNOTE & WORKSHOP TOPICS

Mental Health & Wellness (After Surviving a Traumatic Event)
Beating The Enemy Inside You (Adversity)
I Survived, Now What?
Be Open & Focused

SAMPLE PROGRAMS

Mental Health & Wellness (After Surviving a Traumatic Event)

Brandi draws connections between how important your mental health and wellness are after you have survived a traumatic event. Such events can consist of a suicidal attempt, childhood trauma, abusive relationship, deadly disease, car accident etc ... She provides tools for cultivating and implementing daily techniques to drive and optimize optimal health physically and mentally.

Beating The Enemy Inside You (Adversity)

This presentation is designed to motivate individuals at all levels and across any type of organization. Brandi shares stories from combat, cancer, and talks about beating the enemy inside you, continuing on with positive persistence, adaptation, sacrifice, goal setting and how successful people really achieve success and win. The audience will leave with at least three key takeaways that they can start applying to their personal and professionals lives immediately.

I Survived, Now What?

None of us knows what we're capable of until we're faced with a tough or unexpected challenge. Often this means having to adjust your dream or vision and sometimes event to create an entirely new goal. It can also mean getting through a tough time a week, day, hour or even minute at a time.

By focusing on shorter term goals and keeping optimism (and even humor) at the forefront, your entire outlook and perspective can be transformed. We are all stronger and more resilient than we think. In facing challenges and recovering from setbacks, we have new opportunities to develop the unique gifts that have been given to us. It's about being able to become more what you can envision at the moment.

Being Open & Focused

True potential can only be realized by believing, trusting, and not quitting. Brandi explores the power of goal setting, staying motivated, and developing the unwavering faith of perseverance that will get you to your destination. Each choice made will take you either closer or further from your goal. Brandi shows the importance of being open minded to new opportunities and fluid enough to respond to circumstances that, while unexpected, take you further than you ever thought possible.

"Such a compelling and unique story. I learned so much in this workshop."
Tracey Monique