

SPEAKER KIT



**Kristin Smedley &
Mary Fran Bontempo**

SPEAKERS, AUTHORS,
ENTREPRENEURS



Meet Kristin & Mary Fran TEDx Speakers, Best Selling Authors, Co-Founders of Brilliantly Resilient

Kristin Smedley and Mary Fran Bontempo are Resilience experts, TEDx speakers, best-selling authors (6 books—and their new book debuted as an Amazon Top 100 Best Seller right next to Deepak Chopra!), podcast hosts (with followers in over 17 countries), and presenters featured on Entrepreneur.com, the Huffington Post, Thrive Global and others, co-founders of Brilliantly Resilient... and pretty darn funny. They have interviewed superstars like John Lee Dumas (founder, EOFire), Rob Angel (creator, Pictionary), Violette de Ayala (founder, FemCity), and many others, winning rave reviews from guests and audiences alike.

Both Kristin and Mary Fran know what it feels like to be faced with devastating crisis. As a young mother, Kristin found herself raising two blind sons, and Mary Fran navigated her son's crushing heroin addiction. Utterly unprepared to manage either crisis, Kristin and Mary Fran knew only that they would not be defined by the challenges, determined to survive and thrive. Together, they founded Brilliantly Resilient, resolving to teach others how to come through challenges Brilliant, not broken, with tools, strategies, and an action plan to Reset with Resilience, Rise and Reveal the Brilliance within us all. Bring this remarkable duo to empower your organization today! Learn more at www.brilliantlyresilient.net.



FEATURED ON:



Entrepreneur

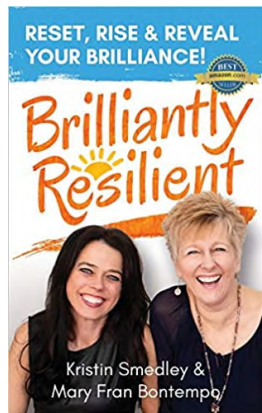
THRIVE GLOBAL



TEDx



BOOK



Debuted on the Amazon.com
Top 100 Best Sellers List
(next to Deepak Chopra)

PODCAST



150,000+ views on Facebook
Listeners in 17 Countries
Guests Include the Creator of
Pictionary, Rob Angel, John Lee Dumas,
Bob Burg, Violette DeAyala, LuAnn
Cahn, Catherine Grace O'Connell



Brilliantly Resilient Programs

When Kristin and Mary Fran speak, people listen... and laugh. A lot. Their unique style and "we've been there" attitude has people like the creator of Pictionary, Rob Angel, calling them "game changers for sure!"

The Brilliantly Resilient Signature Series program descriptions are outlined on the pages that follow. Kristin and Mary Fran customize every presentation to meet your specific event goals to be sure your audience receives maximum value. They will work with you to address your objectives/themes within their framework.

Most Popular Brilliantly Resilient Presentation Themes:

- Leadership
- Inspiration and motivation
- Women in business
- Teamwork
- Overcoming adversity
- Women's empowerment
- Women's issues
- Youth issues
- Thriving Through Divorce

Kristin & Mary Fran deliver their interactive, fun presentations virtually and/or live in the following formats:

- Keynote Address
- Breakout Session
- Half Day Workshop
- Full Day Workshop



PROGRAM DESCRIPTION

BRILLIANTLY RESILIENT

HOW TO RESET, RISE AND REVEAL
YOUR BRILLIANCE TO THRIVE AFTER
LIFE'S SUCKER PUNCHES



CLICK TO WATCH A SHORT DEMO VIDEO

You will learn simple and straightforward strategies to:

- Reclaim power, purpose & direction
- Uncover inherent resilience
- Manage and master challenges
- Examine transferrable skills
- Discover Brilliance (personal gifts & uniqueness)
- Create an action plan to rise and thrive
- Work and live with a Brilliantly Resilient mindset

TAKEAWAYS

A global pandemic brings massive changes to almost every aspect of life, causing a devastating mental health crisis. **Since 2019, America has seen a 93% increase in anxiety screenings and a 62% increase in depression screenings, according to Mental Health America (mhanational.org).**

Never has Resilience been so essential to human survival and success. But Resilience is only part of the story. Within each person lives not only inherent Resilience, but unique Brilliance—the gift we are meant to share with the world. Brilliantly Resilient, presented by **Resilience experts Kristin Smedley and Mary Fran Bontempo, will teach your membership how to come through crisis Brilliant, not broken, creating a more productive, empowered, and successful mindset for both individuals and groups.**

In their Brilliantly Resilient programs, Kristin and Mary Fran provide key concepts, tools, and strategies to effectively take action in challenges and crisis, **helping audiences overcome anxiety, action-avoidance, distraction, mental fatigue, overwhelm and frustration.**

PROGRAM DESCRIPTION

RESET YOUR MINDSET

HOW TO UNCOVER YOUR RESILIENCE AND MOVE FORWARD WITH PURPOSE AND DIRECTION



CLICK TO WATCH A SHORT DEMO VIDEO

You will learn simple and straightforward strategies to:

- Uncover inherent resilience
- Clarify values to determine priorities for action.
- Alter perceptions to influence positive thoughts and behaviors.
- Determine “control-ables”
- Reset after challenges to reclaim power and move forward with purpose and direction.
- Work and live with a Brilliantly Resilient mindset to thrive personally and professionally.

Reeling from a sucker punch or train wreck? Life is tough, and in these pandemic times, EVERYONE is struggling. But why do some people come through challenges stronger while others never recover?

In this program, Kristin and Mary Fran focus on the Reset—how to uncover inherent Resilience by examining values, perspective, and determining the control-ables to build a strong foundation during and after challenges.

This session will provide the strategies to help your audience uncover inherent Resilience, reduce stress and overwhelm, change negative thought patterns, and build a solid foundation to thrive!

TAKEAWAYS

PROGRAM DESCRIPTION

RISE AND THRIVE!

HOW TO TAKE ACTION AND MOVE FROM
A SETBACK TO A COMEBACK, FROM
BROKEN TO BRILLIANT!



CLICK TO WATCH A SHORT DEMO VIDEO

You will learn simple and straightforward strategies to:

- Determine natural skills and talents.
- Explore transferrable skills
- Build a supportive, skill-complimentary tribe.
- Live as a 15-minute master to gain control of crisis.
- Know the power of one single action step
- Work and live with a Brilliantly Resilient mindset to thrive personally and professionally..

Ready to Rise? You've tapped into your Resilience and you're standing after your sucker punch. Now what? Here's a hint—don't just stand there waiting for another hit. It's time to move!

In this program, Kristin and Mary Fran focus on the Rise—how to move forward towards personal and professional success by examining natural skills and talents, determining transferrable skills, becoming a 15 Minute Master, and creating an action plan starting with one actionable step.

This session will provide the strategies to help your audience reduce overwhelm, build confidence, increase proficiency, create effective teams, and take immediate action to initiate change and success!

TAKEAWAYS

PROGRAM DESCRIPTION

REVEAL YOUR BRILLIANCE

HOW TO UNCOVER YOUR UNIQUENESS TO LIVE THE LIFE YOU WANT



CLICK TO WATCH A SHORT DEMO VIDEO

You will learn simple and straightforward strategies to:

- Discover the ease of personal gifts and Brilliance.
- Create a Brilliance Brain Dump
- Recognize the relationship between Brilliance and service.
- Create a results-oriented action plan utilizing personal Brilliance.
- Work and live with a Brilliantly Resilient mindset to thrive personally and professionally.

Other people are Brilliant, not you. Right? WRONG! Your Brilliance - YOUR GIFTS, TALENTS, UNIQUENESS - is inside you, and the good news is, for you it's easy! But how do you know what your Brilliance is and how to use it?

In this program, Kristin and Mary Fran focus on Brilliance—how to uncover and share it by exploring the ease of personal Brilliance, examining the Brilliance others see in you, recalling prior examples of individual Brilliance, creating a Brilliance Brain Dump and exploring the place of Brilliance in service.

This session will provide your audience with the tools and strategies to discover personal Brilliance, build confidence, increase proficiency, reduce the waste of time and effort, create effective teams, and build a powerful, action-oriented mindset and plan for success!

TAKEAWAYS

5 Reasons You Should Book Kristin Smedley and Mary Fran Bontempo for Your Next Leadership/Empowerment Event

KRISTIN AND MARY FRAN'S PRESENTATIONS ARE:

PRACTICAL

Your audience will receive practical tools and strategies to immediately implement both professionally and personally to come through challenges Brilliant, not broken. The Brilliantly Resilient program is a strategic process for achieving results both during and after challenges to uncover Resilience and discover Brilliance, with simple steps. Your audience will leave with a plan to effectively and positively manage problems.

EMPOWERING

Your audience will be empowered. Kristin and Mary Fran have navigated and managed severe crises and challenges to ultimately succeed and thrive, creating the Brilliantly Resilient program to guide and serve others. Armed with the Brilliantly Resilient process, your audience will leave motivated and empowered to succeed and thrive.

ENTERTAINING

Your audience will laugh, learn, and delight in Kristin and Mary Fran's unique partnership and presentation style. With compelling and entertaining personal stories and insights, this dynamic duo will teach your audience to be Brilliantly Resilient while having fun. Both TEDx speakers, Kristin and Mary Fran know how to connect with their audience and leave them wanting more. Your audience will LOVE them!

CUSTOMIZED

Your audience will know Kristin and Mary Fran are speaking directly to THEM. Every Brilliantly Resilient presentation is customized so the content is most relevant for the client's needs. Kristin and Mary Fran will work with you to determine your organization's needs and priorities, creating a presentation that uniquely serves you. Plus, the Brilliantly Resilient team is experienced and super easy to work with.

ACTIONABLE

Your audience will leave eager to act and surmount challenges. Kristin and Mary Fran have a unique ability to motivate people to action with renewed energy. The simple steps of the Brilliantly Resilient program will teach audiences how to create at least one action step that can be immediately implemented to begin positive forward momentum. Your organization will have the tools to become Brilliantly Resilient in no time!

testimonials



"Resilience is essential to success. But when you take it a step further and add your Brilliance—that's bringing the heat! With heart and humor, Kristin and Mary Fran have taken their sucker punches and created a Brilliantly Resilient mission that proves everyone can Reset, Rise and Reveal their Brilliance to the world."

John Lee Dumas, Host of Entrepreneurs on Fire



"You hear about women with the strength, confidence, and pizzazz that Mary Fran and Kristin embody, and you whisper to yourself, 'They are beyond me,' or 'I can't be like that.' Then, you interact with their honesty, humor, imperfection, and joy, and you say, 'They get it.' This is a revelation everyone should give herself a chance to have. I found myself digging deeper into my own story than ever before, all because of what Mary Fran and Kristin coaxed me to consider. I found myself connecting dots and releasing shadowed disappointments. Oh, yes, the journey these two lay out is one worth taking!"

Kathy Nimmer, Award-winning teacher, Author & Motivational Speaker



"Resetting your mindset is no easy task. But with Brilliantly Resilient, Mary Fran and Kristin help lead you to uncover your Brilliance by taking small, accessible and actionable steps leading to big results that reflect your values, beliefs and strengths. They're also funny, approachable and completely relatable. 'Game Changers' for sure!"

Rob Angel, Author of Game Changer and Creator of Pictionary



Kristin and Mary Fran's movement is inspiring, and they are filled with such deep passion for making a positive difference that it moves and makes those around them lift up and inspire others to do the same."

Violette de Ayala, Founder of FemCity, Best Selling Author of The Self-Guided Guru



"Kristin Smedley and Mary Fran Bontempo are Brilliantly Resilient and relentless in their pursuit to make the world a better place by sharing their process for overcoming life's sucker punches and train wrecks. They provide key strategies to help one Go Get It in life despite challenges. A great book by some great ladies! Go get it!"

Chip Baker, Educator, Author, Creator of Chip Baker - The Success Chronicles



This dynamic duo is truly a match made in heaven. Fortunately for us, they're doing their divine work right here on earth. They are sharing their brilliance to lift us humans up and brighten our spirits at just the right time. Their powerful stories will make you laugh and they'll make you cry. They will open your eyes to what is possible when you're a Fierce Midlife woman who believes in the power of Resilience.

Catherine Grace O'Connell, Founder and CEO of CatherineGraceO and Mastering Modern Midlife



**To Hire
Kristin & Mary Fran
Contact:**

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Visit Us:

www.BrilliantlyResilient.net

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