



I give expert advice to
bullies,
abusers, and predators
from selecting you.

AMERICA'S BULLY BUSTER!

Dara

POPULAR SPEECHES

Dara delivers custom, innovative experiences that engage your audience with hilarious stories, actionable steps, peer-to-peer coaching, and interactive exercises. It's one thing to imagine energy, motivation and change; Dara will make it happen live!

JERKY JOHNNY™ – EXPERT SKILLS TO PREVENT SEXUAL ASSAULT METHODS TO RAISE CONFIDENT YOUNG ADULTS

Practice parent-to-young-adult coaching using effective language. Learn the three behaviors every parent must eliminate.

SOMEONE YOU KNOW – RELATIONSHIPS, BULLIES, ABUSER & PREDATORS

The top three secrets to prevent bullies and abusers from selecting you. Practical action steps to live confident, fearless, and safe.

OVERCOME FEAR – SUCCESS IN WORK, LIFE AND RELATIONSHIPS

Develop the techniques of high performers. Break **through** fear and start living with purpose.

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

Whether you need a dynamic and content-rich keynote speech, an audience-involved breakout, or customized hands-on training from a proven self-defense expert, you owe it to your audience to contact Dara Connolly.

Most clients engage Dara to deliver a keynote speech and breakout sessions at the same conference. This will maximize your budget and reinforce a consistent message.

“Dara Connolly led a great conference for our Girl Scouts troop and mothers. Teaching women to listen to their instincts and speak up for themselves was very powerful. The presentation was even more effective by including hands-on practical skills we can use. Thank you for your important work teaching the importance of empowerment to our girls. We will definitely hire you again.”

– Catherine Arthur, RN,
School Administrator,
Girl Scout Troop Leader

SPEAK UP — IN RELATIONSHIPS & AT WORK AVOID — BULLIES, ABUSERS, PREDATORS LIVE — CONFIDENT, FEARLESS, SAFE



FOUNDER — KURUKULA™ WOMEN'S EMPOWERMENT

Dara, a certified black-belt instructor, started the award-winning Kurukula program in 2004. She realized the need for a class beyond martial arts alone to help women successfully handle every-day bullies, abusers & predators.



AUTHOR — SOMEONE YOU KNOW

Dara authored an easy, profound and entertaining read to help you attract positive people and avoid harmful ones. Handle bullies, mean girls, and avoid sexual assault predators and abusive relationships **before** it's too late. Published January 2019, available at 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 Toys. Learn more at JerkyJohnny.com.



AWARDS



ENDORSEMENTS



AMERICAN
PSYCHOLOGICAL
ASSOCIATION



BOYS & GIRLS CLUBS



Girl Scouts®



of Alameda County

