

SPEAKING DESCRIPTIONS

5x Ninja Warrior – 3x CoverGirl – Speaker – Content Creator



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HI, I'M ANGELA GARGANO

5x Ninja Warrior – 3x CoverGirl – Speaker – Content Creator



I'm a five-time American Ninja Warrior who has graced the covers of three top magazines including Oxygen Magazine in 2021. My journey has been defined by resilience and triumph, including the unforgettable experience of tearing my ACL on national TV and bouncing back even stronger. Through out the years, I have been privileged to coach thousands of women from all over the world, guiding them to conquer the seemingly impossible feat of mastering the pull-up (yes, the exercise) Through my coaching, I have witnessed firsthand the incredible transformations that occur when individuals tap into their inner strength and determination. Personally, I have not only conquered physical obstacles in Ninja Warrior but also overcome personal challenges. My experiences have shaped my belief in the limitless potential within each person. When I step onto the stage, my intention is not only to inspire, but also to instill a deep sense of belief in my audience. I want to share the tools and strategies that have helped me navigate hurdles and achieve success.

Whether I'm empowering a crowd of 10,000 women, 1,000 creators/entrepreneurs, or 10 marketing executives, my approach is rooted in authentic storytelling. I share my own struggles and triumphs, offering a relatable and genuine connection. Through captivating narratives, I provide practical guidance on how to embrace confidence and take courageous action to quite literally pull themselves up. I encourage others to borrow the unwavering belief I have in them, enabling them to become their most confident selves. Together, we can shatter self-imposed limitations and embark on a journey of personal growth and achievement.

If you are seeking a speaker who not only inspires, but also equips individuals with the tools to overcome obstacles and reach their full potential, look no further. Let's connect and create an unforgettable experience that empowers your audience to embrace their inner strength and conquer the impossible.

audience.

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SPEAKER TOPICS

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TOPICS:

LEADERSHIP
MOTIVATION INSPIRATION
PERSONAL GROWTH
WOMEN'S EMPOWERMENT
WELLNESS, MENTAL HEALTH
STRESS MANAGEMENT
HEALTH AND WELLNESS
BODY IMAGE
RESILIENCE
ENTREPRENEURSHIP

SIGNATURE TALKS

- + WHAT IF IT ALL GOES RIGHT? EVEN WHEN IT ISN'T 😊 | SHIFTING PERSPECTIVE ON LIFE'S OBSTACLES & USING THEM AS GROWTH OPPORTUNITIES
- + FROM SELF CONSCIOUS TO SELF CONFIDENT
- + GROWTH HURTS..."LITERALLY" | THE POWER OF RESILIENCE
- +DESIGNING YOUR DESTINY
- +THE LITTLE THINGS MATTER: HEALTH AND WELLNESS TIPS TO SUPERCHARGE YOUR PRODUCTIVITY

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WHAT IF IT ALL GOES RIGHT... EVEN WHEN IT ISN'T...

THERE IS ENORMOUS POWER IN SHIFTING YOUR MINDSET—ESPECIALLY WHEN IT SEEMS AS IF EVERYTHING IS GOING WRONG. BUT WHAT IF IT GOES RIGHT? IS ABOUT CHANGING YOUR PERSPECTIVE TO UNDERSTAND HOW AND WHY WHAT IS HAPPENING IN YOUR LIFE, EVEN AT THE TOUGHEST MOMENTS, IS HAPPENING FOR YOU, NOT TO YOU. ALTHOUGH THE WORLD MAY SEEM DARK AND SCARY, THIS INSPIRATIONAL KEYNOTE SHOWS PARTICIPANTS THAT YOU HAVE COMPLETE CONTROL OF HOW YOU SEE YOUR LIFE AND CHOOSE TO ACT. WHY LIVE IN A WORLD WHERE EVERYTHING SUCKS WHEN, BY SHIFTING YOUR MINDSET, YOU CAN LIVE IN A WORLD FULL OF POSSIBILITY AND POSITIVITY? IN THIS KEYNOTE, ANGELA GARGANO SHARES HER STORY FROM AN INSECURE AND ANXIOUS TEENAGER TO MISDIRECTED YOUNG ADULT TO BECOMING A WOMAN WHO SAW HOW TO STEP INTO HER POWER. HER KEYNOTE BLENDS PERSONAL STORIES WITH STORIES FROM OTHER HIGH-ACHIEVING PEOPLE WHO OVERCAME CHALLENGES BY SHIFTING THEIR ATTITUDES. PARTICIPANTS WILL LEARN SPECIFIC, ACTIONABLE STEPS THEY CAN TAKE RIGHT NOW TO CHANGE THEIR PERSPECTIVE AND CONTROL THEIR LIFE.

LEARNING OUTCOMES

AS A RESULT OF ATTENDING THE PROGRAM, STUDENTS WILL LEARN:

- HOW ULTIMATELY GET TO DECIDE HOW YOUR LIFE GOES, YOU DO HAVE A CHOICE
- HOW TO IDENTIFY “WHAT GOING RIGHT” EVEN LOOKS LIKE
- HOW TO CREATE A GAME PLAN TO YOUR DREAM LIFE
- HOW TO IDENTIFY YOUR THOUGHTS BUT NOT PARALYZE YOU INTO INACTION
- HOW TO FOCUS ON YOUR LIFE INSTEAD OF COMPARING YOURSELF TO OTHERS
- HOW SAYING NO ACTUALLY WILL BRING YOU CLOSER TO YOUR GOALS
- IDENTIFYING YOUR CORE VALUES, NON-NEGOTIABLES & VALUES
- HOW TO KEEP PERSISTING WHEN THINGS ARE GOING WRONG AND LEAN INTO DISCOMFORT

FROM SELF CONSCIOUS TO SELF CONFIDENT

ANGELA GARGANO'S ACCOMPLISHMENTS MAY GIVE THE IMPRESSION THAT SHE WAS BORN WITH UNWAVERING SELF-CONFIDENCE. HOWEVER, BENEATH THOSE IMPRESSIVE TITLES LIES A PROFOUND JOURNEY OF SELF-CONSCIOUSNESS AND PERSONAL GROWTH. ANGELA'S STORY UNVEILS HER STRUGGLES, BATTLING WITH BODY IMAGE, SELF-WORTH, AND THE ARDUOUS PROCESS OF LEARNING TO ACCEPT AND LOVE HER BODY IN THE FACE OF SOCIETAL PRESSURES. AFTER TEARING HER ACL TWO TIMES, INCLUDING ONCE ON AMERICA NINJA WARRIOR, SHE WAS FORCED TO LOOK DEEP WITHIN HER INSECURITIES TO RE-IDENTIFY WHO SHE WAS BEYOND LOOKS & ATHLETICISM AND FIND THE DEEPER SENSE OF SELF-WORTH SHE NEEDED.

WITH HER HEARTFELT SPEECH, ANGELA GARGANO DELIVERS A PROFOUND MESSAGE THAT RESONATES WITH PARTICIPANTS. SHE NOT ONLY ACKNOWLEDGES THE DIVERSE RANGE OF EMOTIONS INDIVIDUALS EXPERIENCE REGARDING THEIR SELF-IMAGE BUT ALSO PROVIDES A SOURCE OF UNDERSTANDING AND EMPOWERMENT. BY SHARING HER OWN TRANSFORMATIVE EXPERIENCES, ANGELA ENCOURAGES LISTENERS TO SHIFT THEIR PERSPECTIVES, DISPELLING ANY DOUBTS THEY MAY HARBOR ABOUT THEMSELVES AND THEIR BODIES HER MISSION IS FOR STUDENTS TO START THEIR JOURNEY TOWARDS SELF-ACCEPTANCE, SELF-LOVE, AND UNSHAKABLE CONFIDENCE.

LEARNING OUTCOMES

AS A RESULT OF ATTENDING THE PROGRAM

- HOW TO INCREASE SELF-ACCEPTANCE AND BODY CONFIDENCE BY EMBRACING YOUR UNIQUENESS
- HOW TO RECOGNITION OF PERSONAL STRENGTHS: STUDENTS WILL LEARN TO SHIFT THEIR FOCUS FROM AESTHETIC IDEALS TO THE INHERENT STRENGTH WITHIN THEIR BODIES
- HOW TO UNDERSTAND THE IMPORTANCE OF SUPPORTIVE COMMUNITIES
- HOW TO ADOPT OF SELF-CARE AND SELF-COMPASSION PRACTICES WITH SOME KEY EXAMPLES
- HOW TO RECOGNIZE AND IMPROVE NEGATIVE SELF-TALK

GROWTH HURTS... "LITERALLY" | THE POWER OF RESILIENCE

TO BE AN AMERICAN NINJA WARRIOR, YOU MUST BE IN PEAK CONDITION BOTH PHYSICALLY AND MENTALLY, HAVE THE FLEXIBILITY TO CHANGE, AND BE FEARLESS OF OBSTACLES. DESPITE HAVING ALL OF THESE TRAITS, ANGELA GARGANO EXPERIENCED THE DEVASTATING SETBACK OF TEARING HER ACL. FOR MOST, THIS WOULD END THEIR ATHLETIC CAREER, BUT NOT ANGELA. SHE DEFIED THE ODDS BY NOT ONLY MAKING A REMARKABLE PHYSICAL COMEBACK AND RETURNING TO FUTURE COMPETITIONS BUT ALSO THROUGH HER RECOVERY DEDICATING HERSELF TO DEVELOPING HER INNER STRENGTH.

IN THIS KEYNOTE, ANGELA GARGAO DELVES INTO THE TRANSFORMATIVE POWER OF RESILIENCE, DEMONSTRATING HOW SHE UTILIZED THIS ATTRIBUTE TO FACE ADVERSITY HEAD-ON AND RISE ABOVE IT. SHE SHARES THE TECHNIQUES SHE EMPLOYED TO CULTIVATE RESILIENCE, INCLUDING ALLOWING HERSELF TO SIT IN THE "SUCK" AND FEEL WHAT SHE NEEDED TO FEEL, HOW SHE SHIFTED HER NEGATIVE MINDSET INTO A POSITIVE ONE, DEVELOPING A SUPPORT SYSTEM & BORROWING THE BELIEFS FROM OTHERS WHILE SHE STRUGGLED MENTALLY, AND WHAT MATTERED IN THE COME-BACK. BY SHARING HER VULNERABILITY AND OPENLY DISCUSSING HER EMOTIONAL JOURNEY, SHE EMPOWERS PARTICIPANTS TO CONFRONT THEIR CHALLENGES AND CHANNEL THEIR INNER RESILIENCE. ON AND THE BELIEF THAT THEY TOO CAN OVERCOME ANY OBSTACLE AND THRIVE IN THE FACE OF ADVERSITY.

LEARNING OUTCOMES:

- LEARN HOW TO GAIN INSIGHT INTO HOW RESILIENCE CAN HELP THEM FACE CHALLENGES, OVERCOME SETBACKS, AND ACHIEVE PERSONAL GROWTH.
- LEARN THE IMPORTANCE OF RECOGNIZING AND ACCEPTING THAT GROWTH OFTEN COMES WITH PHYSICAL AND MENTAL PAIN AND HOW TO NAVIGATE AND EMBRACE DISCOMFORT ON THEIR JOURNEY.
- BE INSPIRED TO DEVELOP A POSITIVE MINDSET AS A CRUCIAL TOOL FOR RESILIENCE, ENABLING THEM TO MAINTAIN OPTIMISM, FOCUS, AND MOTIVATION IN THE FACE OF ADVERSITY.
- RECOGNIZE THE SIGNIFICANCE OF NURTURING THEIR MENTAL AND EMOTIONAL WELL-BEING ALONGSIDE PHYSICAL REHABILITATION, UNDERSTANDING THAT PERSONAL GROWTH ENCOMPASSES BOTH ASPECTS OF THE SELF.
- BE ENCOURAGED TO ENGAGE IN SELF-REFLECTION, PRACTICE SELF-CARE, AND SHOW SELF-COMPASSION, AS THESE PRACTICES BUILD RESILIENCE AND THRIVE IN CHALLENGING SITUATIONS.

DESIGNING YOUR DESTINY: STEPS TO CREATE YOUR IDEAL LIFE AND PERSEVERE THROUGH CHALLENGES

EVEN WHEN FACED WITH A DEVASTATING SETBACK OF TEARING HER ACL ON AMERICAN NINJA WARRIOR, THE SPEAKER REFUSED TO BE DEFINED BY IT. THROUGH UNWAVERING DETERMINATION AND RESILIENCE, SHE MADE A REMARKABLE COMEBACK.

THE SPEECH EMPHASIZES THE POWER OF VISION BOARDING, WHERE ONE VISUALIZES THEIR DREAMS AND ASPIRATIONS TO SET THE STAGE FOR FUTURE ACHIEVEMENTS. BY BEING SPECIFIC AND BELIEVING IN THE ATTAINMENT OF THESE GOALS, THE AUDIENCE IS ENCOURAGED TO CREATE THEIR OWN VISION BOARDS AS CONSTANT REMINDERS OF THEIR ASPIRATIONS. BUT A VISION BOARD IS ONLY A VISION, WHERE THE MAGIC HAPPENS IS TAKING ACTION AND BEING READY FOR THINGS TO GO "WRONG"

THE AUDIENCE IS LEFT WITH THE MESSAGE THAT BY FOLLOWING THEY WILL DESIGN THEIR OWN DESTINY AND CREATE THEIR IDEAL LIVES. WITH PERSEVERANCE, SUCCESS IS WITHIN REACH FOR EACH INDIVIDUAL ON THEIR UNIQUE JOURNEY.

LEARNING OUTCOMES:

1. PARTICIPANTS WILL LEARN THE IMPORTANCE OF VISUALIZING THEIR DREAMS AND ASPIRATIONS BY CREATING A VISION BOARD, WHICH SERVES AS A CONSTANT REMINDER AND MOTIVATOR FOR THEIR GOALS.
2. PARTICIPANTS WILL GAIN INSIGHTS INTO THE SIGNIFICANCE OF IDENTIFYING THEIR DEEPER MOTIVATIONS AND REASONS BEHIND THEIR GOALS. UNDERSTANDING THE "WHY" PROVIDES A STRONG DRIVING FORCE DURING CHALLENGES AND SETBACKS.
3. PARTICIPANTS WILL BE ENCOURAGED TO SELF-REFLECT AND IDENTIFY THEIR PERSONAL STRENGTHS AND WEAKNESSES.
4. ATTENDEES WILL LEARN TO ACCEPT THAT CHALLENGES AND SETBACKS ARE A NATURAL PART OF THE JOURNEY TOWARDS SUCCESS.
5. PARTICIPANTS WILL UNDERSTAND THE SIGNIFICANCE OF STAYING CONSISTENT AND UNWAVERING IN THEIR EFFORTS.

THE LITTLE THINGS MATTER: HEALTH AND WELLNESS TIPS TO SUPERCHARGE YOUR PRODUCTIVITY

THE SPEAKER HIGHLIGHTS KEY HEALTH AND WELLNESS TIPS THAT HAVE PLAYED A PIVOTAL ROLE IN SUPERCHARGING HER PRODUCTIVITY. THESE TIPS, OFTEN OVERLOOKED BUT INCREDIBLY IMPACTFUL, SERVE AS A REMINDER THAT THE LITTLE THINGS TRULY MATTER WHEN IT COMES TO ACHIEVING OUR GOALS AND LIVING A FULFILLING LIFE.

THROUGHOUT THE SPEECH, THE AUDIENCE IS ENCOURAGED TO EMBRACE A HOLISTIC APPROACH TO WELL-BEING. THE SPEAKER EMPHASIZES THE IMPORTANCE OF NURTURING PHYSICAL, MENTAL, AND EMOTIONAL HEALTH IN ORDER TO ACHIEVE OPTIMAL PRODUCTIVITY. BY SHARING HER OWN EXPERIENCES AND INSIGHTS, SHE AIMS TO EMPOWER INDIVIDUALS TO TAKE CHARGE OF THEIR WELL-BEING AND UNLOCK THEIR FULL POTENTIAL.

BY THE END OF THE SPEECH, THE AUDIENCE IS INSPIRED TO EMBRACE THE POWER OF THE LITTLE THINGS AND ADOPT PRACTICAL STRATEGIES TO ENHANCE THEIR HEALTH AND WELLNESS. THE SPEAKER'S STORY SERVES AS A TESTAMENT TO THE TRANSFORMATIVE POWER OF SELF-CARE, REMINDING US THAT THROUGH SMALL DAILY CHOICES, WE CAN BECOME OUR BEST SELVES AND ACCOMPLISH EXTRAORDINARY FEATS.

LEARNING OUTCOMES:

1. UNDERSTAND THE TRANSFORMATIVE POWER OF TURNING ADVERSITY INTO AN OPPORTUNITY FOR GROWTH AND PERSONAL DEVELOPMENT.
2. RECOGNIZE THE IMPORTANCE OF PRIORITIZING SELF-CARE IN ORDER TO OPTIMIZE PRODUCTIVITY AND ACHIEVE GOALS.
3. GAIN INSIGHTS INTO FIVE KEY HEALTH AND WELLNESS TIPS THAT CAN HAVE A SIGNIFICANT IMPACT ON OVERALL WELL-BEING AND PRODUCTIVITY: NUTRITION, EXERCISE, MINDFULNESS, SLEEP, AND SELF-REFLECTION.
4. LEARN PRACTICAL STRATEGIES AND ACTIONABLE STEPS TO IMPLEMENT THESE HEALTH AND WELLNESS TIPS INTO DAILY ROUTINES.
5. FEEL INSPIRED AND EMPOWERED TO TAKE CHARGE OF ONE'S OWN WELL-BEING AND UNLOCK THEIR FULL POTENTIAL, LEADING TO REMARKABLE ACHIEVEMENTS IN PERSONAL AND PROFESSIONAL LIFE.