G. Brian Benson

A creative voice for authentic living.

Award-winning author, TEDx speaker, poet, podcast host, filmmaker and mentor.

"Brian creates to amplify hearts, spark self-discovery, and remind others of their own light."



6
Books, award-winning and #1 best-selling

TEDx
Speaker, "Be Yourself to Free Yourself"

350+
Podcast conversations

4×
Ironman triathlete and cancer survivor

BOOKING & PRESS

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Inside: Bios · Speaking
Interview guide · Press & praise

Press Bios

Use as written, or trim to fit your program or show notes.

SHORT BIO · 50 WORDS

G. Brian Benson is an award-winning, #1 best-selling author of six books, TEDx speaker, poet, spoken-word performer, podcast host, and filmmaker. A certified coach, 4x Ironman triathlete, and cancer survivor, Brian empowers audiences worldwide to step into their most authentic, fulfilling lives.

MEDIUM BIO · 100 WORDS

G. Brian Benson is a creative voice for authentic living. An award-winning, #1 best-selling author of six books, TEDx speaker, poet, spoken-word performer, podcast host, and filmmaker, Brian blends actionable insight, vulnerable storytelling, and lived experience to inspire audiences to embrace who they truly are.

His journey, from leaving the family business in search of deeper purpose to discovering his creative gifts, has led him to share his message on film and stage around the world. As a 4x Ironman triathlete, cross-country cyclist, and cancer survivor, Brian knows the value of staying the course.

AT A GLANCE

- ✦ Award-winning, #1 best-selling author of six books
- ✦ TEDx speaker
- ✦ Host of The Creative Spark Podcast
- ✦ Poet and spoken-word performer
- ✦ Filmmaker and actor
- ✦ Certified coach and mentor
- ✦ 4x Ironman triathlete
- ✦ Cycled 3,600 miles across the U.S.
- ✦ Cancer survivor
- ✦ Creator of Friendly Words

Speaking

Keynotes, workshops, retreats, panels and podcast appearances.

TALK 01 · KEYNOTE

Finding Your Personal Freedom

A journey back to wholeness, voice, and truth

Through actionable insight, storytelling and spoken word, Brian helps audiences reconnect with their authentic selves beyond expectation, fear and self-doubt, and shows how authenticity leads to freedom, clarity and fulfillment.

Built on his TEDx talk, "Be Yourself to Free Yourself"

TALK 02 · KEYNOTE

Small Shifts, Big Changes

Success habits for living with purpose, joy and intention

Drawing on stories and the habits from his book Habits for Success, Brian shows how small changes help people handle change with confidence and build a more aligned, fulfilling life.

Based on Habits for Success

Brian can also tailor a signature presentation for your group, conference or retreat.

SPEAKING STYLE

Authentic · Grounded · Vulnerable · Calm · Engaging

WHAT AUDIENCES TAKE HOME

01 Greater self-awareness and self-acceptance

02 Tools to navigate change and uncertainty

03 Renewed trust in intuition and inner voice

04 Inspiration to express themselves creatively

05 Practical steps toward a more aligned, authentic life

06 More purpose, joy and intention in everyday life

INTERACTIVE WORKSHOPS

Introduction to Balance
Unleash Your Dreams

FORMATS

Keynotes · Workshops · Retreats
Panels · Podcast and media interviews

Interview Guide

Brian loves spontaneity, so feel free to ask whatever feels interesting in the moment. To prepare, we recommend watching his TEDx talk, “Be Yourself to Free Yourself,” which sheds light on his intuitive process and backstory.

FAVORITE TALKING POINTS

- Trusting intuition
- Stepping out of comfort zones
- The importance of life balance
- The benefits of creative expression
- Cultivating authenticity through self-acceptance and vulnerability
- His growth-oriented poetry and its deeper meaning
- Habits for success
- Overcoming difficult experiences
- His creative process

QUESTIONS TO GET ROLLING

1. What got you started on your journey of writing and creating positive media?
2. You worked hard at stepping out of your comfort zone to get where you are today. What were some of the things you did?
3. Was stepping out of your comfort zone easy? Did it make you feel uncomfortable or vulnerable?
4. Have you always been creative? What is the creative process like for you?
5. You take life balance very seriously. Why is that?
6. You are a cancer survivor and went through open-heart surgery. What did those experiences teach you?
7. Your short films Guitar Man and Searching for Happiness carry powerful messages. How did you get into acting, and what has it meant to you?
8. Between your projects and your Ironman finishes, you seem to have mastered setting and completing goals. Tell us more.
9. Why is learning to be self-accepting so important to you?
10. What is Friendly Words, and what do you hope people feel when they find it?

Press & Praise

"Brian's keen ability to listen to his heart and follow his intuition has laid the blueprint for all of his successful projects and has served as an example for others to follow."

Mark Allen
6x Hawaiian Ironman World Champion, author of Fit Soul, Fit Body

"Brian's genuine nature and happiness is what makes him an outstanding example of what it means to be a man with heart. Brian's message is simple, rewarding, and attainable!"

Kristine Carlson
Best-selling author, Don't Sweat the Small Stuff series

"G. Brian Benson is a creative, conscious, and heart-centered man who isn't afraid to lead by example to help others. His books radiate vulnerability, authenticity, and inspiration."

Prince EA
Viral spoken word artist and futurist

AS FEATURED IN

HuffPost **Spirituality & Health** **Authority Magazine** and more

BOOKS

Habits for Success
Brian's List
Dare to Dream
Steve the Alien
Lucy and Chester's Amazing Adventures!
Reading Is Cool (coming soon)

FILMS & POETRY

Guitar Man, festival-selected short film
Searching for Happiness
Moon Child, animated poem with Inhale Studios
Video collaborations with Prince Ea and Jay Shetty

PODCAST

The Creative Spark: organic, authentic chats with authors, artists, actors, musicians and entrepreneurs. 350+ podcast conversations and counting.

BOOKING & INQUIRIES

Keynotes, workshops, retreats, panels and podcasts.
High-resolution photos available on request.

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