G. BRIAN BENSON

SPEAKER ONE-SHEET

Speaker · Author · Storyteller



G. Brian Benson

A creative voice for authentic living.

G. Brian Benson is an award-winning, #1 best-selling author of six books, TEDx speaker, poet, spoken-word performer, podcast host, and filmmaker. He left his family's business in search of deeper purpose and found his creative gifts. Through storytelling, poetry, and lived experience, he inspires audiences to step out of their comfort zones and embrace who they truly are.

SIGNATURE TALKS

Finding Your Personal Freedom

A journey back to wholeness, voice, and truth · built on his TEDx talk

Actionable insight, storytelling, and spoken word that help audiences move beyond expectation, fear, and self-doubt toward freedom, clarity, and fulfillment.

Small Shifts, Big Changes

Success habits for living with purpose, joy, and intention

Stories and practical habits from Habits for Success that help people handle change with confidence and build a more aligned, fulfilling life.

Talks can be tailored for your group, conference, or retreat.

AT A GLANCE

- TEDx speaker
- Award-winning, #1 best-selling author of six books
- Podcast host, 350+ conversations
- Poet, filmmaker, and actor
- 4x Ironman triathlete and cancer survivor
- Certified coach and mentor

SPEAKING STYLE

Authentic · Grounded · Vulnerable · Calm · Engaging

AUDIENCES LEAVE WITH

- ✦ Greater self-awareness and self-acceptance
- ✦ Renewed trust in intuition and inner voice
- ✦ Practical steps toward an aligned life
- ✦ Tools to navigate change and uncertainty
- ✦ Inspiration to express themselves creatively
- ✦ More purpose, joy, and intention

> *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

BOOK BRIAN

Keynotes · Workshops · Retreats · Panels · Podcasts

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