
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"

45+

Episodes of The
Creative Spark Podcast

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
- ◆ Host of The Creative Spark Podcast
- ◆ Filmmaker and actor
- ◆ 4x Ironman triathlete
- ◆ Cancer survivor
- ◆ TEDx speaker
- ◆ Poet and spoken-word performer
- ◆ Certified coach and mentor
- ◆ Cycled 3,600 miles across the U.S.
- ◆ 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

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. 45+ episodes
and counting.

BOOKING & INQUIRIES

Keynotes, workshops, retreats, panels and
podcasts.

High-resolution photos available on request.

Instagram · YouTube · Facebook · LinkedIn · Substack:
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