



# KELLY RIPPON

Educator, Author & Speaker



## How do you raise a champion?

After her eldest son, Olympic medalist, Adam Rippon returned home from the 2018 Winter Games, Kelly was frequently asked that question. As a single mom of six successful children Kelly knows how to inspire children to realize their full potential. Through her journey as a mother, she learned that her parenting skills reflected the same leadership model that she had been presenting to corporate audiences at Barclays, Verizon, EY, Knorr, Prudential, Columbia University, Olympus, the US State Department and many national healthcare organizations. Her philosophy is simple: “good parenting is great leadership.” She has traveled around the globe exploring the various influences that shape people’s lives and how these influences impact communities. She has merged her findings with her corporate knowledge bringing together the two worlds with real life application. Kelly is a sought-after guest at conferences and on podcasts speaking on topics including leadership, optimism, empathy, communication,

work/life balance, LGBTQ+ allyship and a wide range of parenting subjects. She is a great storyteller & offers listeners an optimistic “going forward” approach to life’s interruptions. She helps parents and leaders inspire their children and those they lead to be their best while simultaneously build their own sense of self-worth. Kelly explains no matter the challenge, you can improve your life and empower those around you when you... PARENT UP!

## Reviews:

“Kelly is our regular ‘go to’ for parenting guidance at our station, America’s highest rated ABC affiliate.”

—WNEP TV

“The executives who joined us had the most glowing praise for Kelly. She is a very powerful storyteller.”

—Barclays US

“Kelly offers practical strategies that grow confidence, kindness and empathy in kids.”

—The Matthew Shepard Foundation

“Kelly’s book, *Parent Up* is the book parents need in our rapidly changing world.”

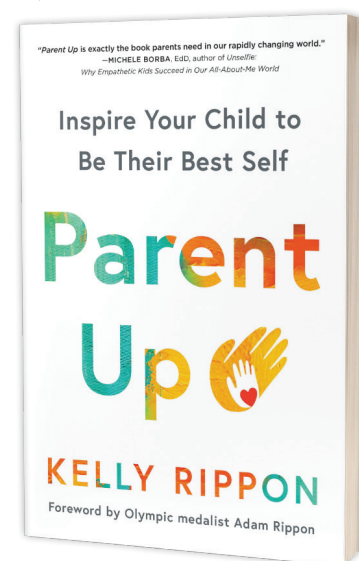
—Michele Borba, EdD

## Topic Ideas:

1. Homeschooling 101: Basics of Effective Teaching
2. Eliminate Mom Guilt: Feel Good About Doing Less
3. College: Setting Boundaries, Homesickness and Letting Go
4. From T-ball to the Olympics: Raising Good Sports
5. LGBTQ+ Kids: Building Confidence and Resiliency
6. Parent Survival: One Minute De-Stress Ideas

## Reverse the Covid Slide & Move Past Pandemic Challenges:

1. How to grow optimism in a pessimistic world
2. How to create positive habits for the entire family
3. How to start conversations that unite families in conflict



## Video Links:



Website: [KellyRippon.com](http://KellyRippon.com)

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