

Briony

BENJAMIN

BRIONY BENJAMIN MC INTRO

Today's/Our next] Speaker is a Viral Video storyteller creating digital video content that has been viewed by more than 200 million sets of eyeballs.

She is passionate about helping brands to craft their personal stories in compelling ways that move hearts and minds, with the view to making the world a better, kinder and more fun place.

Her own story went global when she got the shock of her life!

After feeling awful for over a year she found out it wasn't because she was a lazy slacker!!!

it was because of something I'll let Briony tell you about herself.

The video 'YOU ONLY GET ONE LIFE', documents that story, As does her book "LIFE'S TOUGH BUT SO ARE YOU" where she helps people face the toughest times of their life with more ease and less fear.

You may have seen our speaker on THE PROJECT or THE MORNING SHOW or heard her on many podcasts including "TURIA PITT IS HARD WORK" and Mia Freedman's 'NO FILTER' Podcast.

So If you want to live the richest version of your life, Experience more joy and have some tools up your sleeve for when things get tricky, Please welcome Briony Benjamin

A few
fun facts



Lived in Giggleswick for a year



Dog Obsessed



Love a game of squash