

## Kristin Beck

Former Navy SEAL and Civil Rights Activist

**Kristin Beck: Lessons From My Life.** For decades, Kristin Beck hid her true self from her brothers in arms, family, and friends. Now, as the nation's first openly transgender Navy SEAL, Kristin reflects on her years of honorable service and her many accolades, as well as her life beyond the Navy, including her journey to human rights activist and motivational speaker. Kristin shares the incredible story of her life with audiences across the country, and touches upon themes of courage, leadership, and standing up for what's right. Kristin explores the links between strong leadership and being an ally to those who are disenfranchised, and how nothing rewarding will ever be handed to you without hard work. Funny and sharp, Beck inspires audiences to find their voices and create better worlds for their selves, their teams, and future generations to come.

**The Most Important Label Of All.** In a moving and honest presentation that spans her journey from active-duty Navy SEAL warrior to veteran human rights activist, Kristin Beck explains that while we find it easy to label one another, the most important label of all is simply human. Beck encourages audiences, through her own experiences and anecdotes, to find commonalities with one another and celebrate them, rather than focusing on the things that make us different. Beck inspires audiences to "lean out" of their comfort zones and make new connections with people who challenge conventional wisdom and stereotypes. Answering questions like, "What's the value in a diverse workforce?" and "How can I bridge the gap between people who seem totally dissimilar?", Beck helps companies work to build a more inclusive and welcoming culture.