

MyKayla Skinner

Olympic Silver Medal-Winning Gymnast

Own Your Moment: Performing Under Pressure to Achieve Your Goals Having just missed out on the opportunity to compete in both the vault and all-around finals at the 2020 Tokyo Olympics, MyKayla Skinner said farewell to gymnastics and was preparing to fly home when she got the call that changed everything. Simon Biles unexpectedly withdrew from the vault competition and Skinner was chosen to compete in her place. With the spotlight now on her and the whole world watching, she rose to the occasion and won the Olympic medal she had been working toward her entire life. Like her experience at the Tokyo games, this talk is a rollercoaster of emotions as Skinner takes the audience along for the ride — beginning as a talented junior gymnast and culminating as a champion at the highest level. Full of charisma when speaking and possessing a natural ability to motivate audiences to action, she reveals her approach to becoming an elite-level performer when the pressure is at its peak and all eyes are on you. The steps she shares for developing a champion's mindset and owning your moment can be applied by individuals and teams working toward their goals, no matter how big or small they may seem.

Never Give Up: Turning “I Can’t” Into “I Can.” Olympic gymnast MyKayla Skinner can say with confidence that nothing ever stopped her from achieving her Olympic-sized dreams. Not injuries, not COVID-19, and not missing out on the opportunity to compete in the finals. Through it all, she found a way to overcome the odds and has the silver medal to show for it from the 2020 Tokyo Olympics. Relatable, vulnerable and with a willingness to open up about the setbacks she faced, she shares the power of never giving up and how turning “I can’t” into “I can” is the starting point for pushing past everything that stands in between you and accomplishing what you set out to achieve.

How to Become a Social Media Superstar. A champion on the gymnastics floor and in the world of social media, Olympic silver medalist MyKayla Skinner has established herself as a content creator who sees beyond the “likes” and shows a special ability to engage her following and form online communities. With 20 million views on her YouTube channel, 500 thousand followers on Instagram, and 50 thousand followers on Twitter, Skinner has built her social channels from the ground up and, in this talk, shares the latest social media trends while providing organizations with actionable insights for building their followings, creating content that captures their audiences' attention, and leveraging their social channels to support their business goals.