A person in a leather jacket

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**Dara Connolly Brief Bio**

Dara Connolly is a black belt martial artist who knows how to fly thru the air to crack wood – a move that offered her roles in martial arts films, yet she lived in a world of fear. As a timid wallflower, Dara spent most of her life getting talked over, passed over– and never had the confidence to speak in public or on stage.

Eventually Dara learned to “kick her fears to the curb” when she discovered a shift in mindset. Having flipped fear herself, she now teaches others to be more impactful and influential when speaking in front of an audience.

Today Dara is a TEDx Speaker, author of 4 books (her most recent: [Flip Your Fear](https://www.amazon.com/Flip-Your-Fear-Crack-Code/dp/0998034665)), and speaker coach who “dares” you to speak on stage with confidence!

Her website is [www.DaraConnolly.com](http://www.DaraConnolly.com) – check it out. She “dares” ya! ;)