



Dara Connolly Brief Bio

Dara Connolly is a black belt martial artist who knows how to fly through the air and 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 at meetings, passed over in corporate settings– never having the ability to assert herself with confidence to be seen or heard.

Connolly learned to “kick her fears to the curb” when she discovered a shift in mindset and embraced practical assertiveness. She designed an innovative program called PTC™ (Positive Transformational Confidence) that has helped thousands of corporate and entrepreneurial women feel seen, heard, and respected.

Today Dara is a TEDx Speaker, author of 4 books (her most recent: [Flip Your Fear](#)), and corporate trainer who helps female leaders crack through timidity and exude ultimate confidence to speak up to be heard, kick fear to the curb!