

DARA KURTZ



September 18, 2023

DARA'S WHY

After being diagnosed with breast cancer at the age of forty-two, Dara left her twenty year career as a financial advisor to focus on writing and speaking.

Today, her personal blog, [Crazy Perfect Life](#) reaches over 200,000 followers. Dara speaks often to large corporations, schools, medical communities, nonprofits, colleges, and women's groups. Some clients include: Prudential, Panasonic, Wake Baptist/Atrium Health, Novant Health, Elon University, Edward Jones, Academy of Oncology Nurse and Patient Navigators, First Horizon Bank, Lees-McRae College, and Hillel International.

Dara is the author of [I am My Mother's Daughter: Wisdom on Life, Loss, and Love](#), [Crush Cancer](#), and [Living with Gratitude](#). Dara has been a guest on over 60 podcast/TV/radio shows and published in Newsweek, Kveller, Today Parenting, Moment, Huffington Post, Mom's Don't Have Time to Write, Grown & Flown, and many others.

"My goal is to use my life experiences to help people strengthen their relationships and create more happiness and joy in their everyday lives."



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LEVEL UP YOUR LIFE

THE LATEST SPEAKING SEGMENT FROM DARA KURTZ

What if you could feel happier, more joyful, and get more of what you want from your life?

In Dara's most popular and signature presentation, Dara helps participants take an honest look at the landscape of their lives, specifically diving deeply into 5 key areas: relationships, work/passion, community connection, health and wellness, and mindset. Attendees receive an interactive worksheet to help them engage with Dara's content as she teaches them how to apply her lessons to their lives.

Dara helps participants fine-tune each of these areas, giving simple yet powerful tips and tools they can begin using in their own lives, to help them level up and thrive.

In this one-hour interactive presentation, Dara will also cover burnout and work/life balance: timely topics she tends to get a lot of questions on.

Dara has delivered this presentation virtually and in person, to numerous corporations, colleges, women's empowerment groups and nonprofits with exceptional feedback



[CLICK HERE TO WATCH DARA IN ACTION](#)

OTHER SPEAKING TOPICS:

Dara possesses a wealth of knowledge across a diverse range of speaking topics. Her expertise spans the field of personal development, where she excels in inspiring and motivating audiences. She equips her listeners with practical tips and tools they can begin using immediately. Other topics in addition to the Level Up Your Life presentation include:

- Unbreakable: Mastering Resilience in the Face of Adversity
- Lessons I Learned from My Battle with Cancer Can Change Your Life
- Elevate Your Life: Strategies for Personal Growth and Success
- From Surviving to Thriving: Navigating Life's Trials with Grit
- Radiate Happiness: Cultivating Joy in Everyday Living
- How to Grow Your Relationships and Connect More with the People in Your Life
- Building Bridges of Legacy: Connecting Generations with Purpose

Email Dara to schedule a call to discuss your specific event.

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