



Kim's Biography

Meet Kim Becking

Change and Resilience Expert, *New York Times* Bestselling Author, and Founder of the **Unstoppable Momentum™** Movement

Short Bio

The driving force behind the Unstoppable Momentum™ Movement, Kim Becking is changing the way we think about change and resilience in a rapidly changing world that never slows down. An engaging, high energy and impactful international keynote speaker, *New York Times* Bestselling Author, human behavior expert, cancer thriver, recovering attorney and change and resilience researcher, Kim's strategic insights and practical solutions have been utilized by hundreds of organizations ranging from Fortune 50 companies to associations and organizations around the world.

Kim's expertise on reframing change and redefining resilience is regularly featured in media outlets such as the *New York Times*, *People*, *Good Morning America*, *USA Today* and *Harvard Business Review*.

Her mission is to empower leaders and teams with the mindset, tools and framework they need to be more adaptable, more resilient, and better equipped to own what's now and embrace what's next with a deep breath and a big cup of Bring It On. After hearing Kim, leaders leave with the framework, mindset, and tools to revolutionize their approach to change, challenges, and obstacles, embrace the power of possibility, and use any change or challenge as rocket fuel for forward growth, transforming their lives, leadership, and your organization.

Kim's Biography (CONTINUED)

Long Bio

The driving force behind the Unstoppable Momentum™ Movement, Kim Becking is changing the way we think about change and resilience in a rapidly changing world that NEVER SLOWS DOWN. An engaging, high energy and impactful international keynote speaker, *New York Times* Bestselling Author, human behavior expert and change and resilience researcher, Kim's strategic insights and practical solutions have been utilized by hundreds of organizations ranging from Fortune 50 companies to associations and organizations around the world.

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Kim has helped companies and organizations around the world empower their leaders, teams, and communities to redefine resilience, reframe change, and understand what it truly means to lead, live, and lean into a rapidly changing, ever-evolving world that never slows down. **Her mission is to inspire everyone she meets to be more adaptable, more resilient, and better equipped to own what's now and embrace what's next with a deep breath and a big cup of Bring It On.**

Using humor and vulnerability, Kim has the ability to connect with her audiences at a deeper level. Her authentic, engaging, humorous, and empowering messages of extraordinary resilience, conquering change, and creating success regardless of your circumstances have made her a favorite among her audiences.

She has boosted communication, collaboration and consensus building capabilities for companies, associations, government, and non-profit organizations. And coached Fortune 500 CEO's and C-Suite leaders, association executives and government leaders to accelerate their success and momentum.

Kim knows a thing or two about change and challenges through her own experiences in business and life. As a "recovering" attorney, serial entrepreneur running 2 successful businesses, communications and public affairs strategist and "recovering" political consultant, Kim has conquered the ever-changing tough worlds of business, government, and politics. She's also conquered life challenges - as a breast cancer thriver, mom of 3 with a blended family, caregiver with aging parents and many other unexpected changes.

Kim has spent decades discovering research-based strategies, tools and the Unstoppable Momentum™ Framework, rooted in positive psychology, emotional intelligence, and communications - and then proving them in her life and in the work she has done with hundreds of organizations..

Unstoppable Momentum is the power to use any change or challenge as a catalyst to bounce forward—not just bounce back—no matter what. Fueled by emotional intelligence, a Momentum Mindset, and intentional action, it is the fastest way to build sustainable resilience and adaptability in this ever-evolving world where change is happening at breakneck speed.

After hearing Kim, leaders leave with the framework, mindset, and tools to revolutionize their approach to change, challenges, and obstacles, embrace the power of possibility, and use any change or challenge as rocket fuel for forward growth, transforming their lives, leadership, and your organization.

Kim resides in Columbia, Missouri, and delivers programs as a keynote speaker, consultant and executive coach both in-person and virtually throughout the world.

