

BRIT RETTIG WOLD

Harvard MBA, TEDx Speaker, and CEO of GRIT Fitness

Brittani (Brit) Rettig Wold founded GRIT Fitness in 2015, an empowering fitness concept based on her belief that mental grit, or “passion and perseverance for long-term goals” is the key to both fitness success and to living our best lives. Since its inception, Brit has grown GRIT Fitness to three Dallas area locations and a virtual studio that serves women worldwide. GRIT has been named “Best Fitness Program” by *D Magazine*, “Best Gym” by *Dallas Observer* and “Best New Fitness Studio” by *Dallasites 101*.

Prior to founding GRIT Fitness, she was a manager at Deloitte Consulting, LLC and IBM Global Business Services. She earned her undergraduate degree from Cornell University where she was captain of the women’s varsity basketball team and holds an MBA from Harvard Business School. She’s also a graduate of the Dallas Regional Chamber’s Leadership Dallas Class of 2020.

Get in Touch



GRITBYBRIT@GMAIL.COM



[BRIT_RETTIG](https://www.instagram.com/BRIT_RETTIG)



[BRIT RETTIG WOLD](https://www.youtube.com/BRIT_RETTIG_WOLD)



[GRITBYBRIT.COM](https://www.GRITBYBRIT.COM)



Speaking Engagements



Brit is a dynamic motivational speaker for keynotes, workshops, and seminars in the U.S. and abroad. Her eclectic background as a Division 1 basketball player, Harvard MBA, management consultant, fitness instructor, and successful entrepreneur has given her a unique set of skills and insights that relate powerfully to women who want it all.

Whether a small intimate team or an audience of thousands, Brit inspires and motivates each listener, equipping them with a new sense of empowerment and practical tools to help them believe bigger and rise beyond their circumstances.

Sample Keynotes

**SIDE HUSTLE TO CEO:
HOW TO TURN YOUR PASSION
INTO A CAREER**

**UNCONVENTIONAL LEADERSHIP:
HOW TO CREATE A
CULTURE OF EXCELLENCE**

**5 WAYS TO BUILD YOUR
MENTAL TOUGHNESS**

Sample Workshops

GOAL SETTING FOR FULFILLMENT

**WORKOUT PLANNING 101:
WORK SMARTER NOT HARDER**

SELF CARE

Fitness Classes



As Dallas' most sought after fitness instructor and the Founder and CEO of GRIT Fitness, Brit is the go-to fitness instructor to lead a fun, challenging fitness class for your organization. From energetic rhythmic cardio classes to gritty strength training, Brit's got you covered.

Press



Past Partnerships



Work with Brit: Speaking Engagements and Fitness Classes

Brit aligns closely with each organization to understand their unique goals and tailor her content to their organizational priorities. Every group is unique, so while Brit's core messages of grit and hope are consistent, the framework and structure is uniquely designed for each group she addresses.



PANEL PARTICIPATION

30 minutes — \$500 virtual, \$1000 in person
60 minutes — \$1000 virtual, \$2000 in person

FITNESS CLASS INSTRUCTION

30 minutes — \$1000 virtual, \$2000 in person
60 minutes — \$1500 virtual, \$3000 in person

KEYNOTE SPEAKER + WORKSHOPS

30 minutes — \$1000 virtual, \$2000 in person
60 minutes — \$2000 virtual, \$4000 in person

BLENDED EMPOWERMENT EVENTS

60 minutes — \$2000 virtual, \$4000 in person
90 minutes — \$3000 virtual, \$6000 in person
2 hours — \$4000 virtual, \$8000 in person

Brit's Commitment

- Provide the client with a headshot, bio, and speaking or workshop summary to use in publicity.
- Workshops only: provide proprietary worksheets and templates for attendees.
- Participate in reasonable press or interviews before, during, or after the workshop or speaking engagement.
- Provide the organizer with a preview copy of the presentation at least two business days prior to engagement.
- Arrive and/or log in at least 15 minutes early prior to any engagement.
- Prepare for and give contracted speaking or workshop engagement.

TO BOOK: GRITBYBRIT@GMAIL.COM

Work with Brit: Social Media

Brit is active daily on Instagram and publishes uplifting, valuable, and fun content for her more than 4,000 followers. Covering everything from entrepreneurship and fitness fashion to family life and travel, Brit's majority female audience enjoys engaging with her content.

@BRIT_RETTIG

4,000 + FOLLOWERS

5,000+ IG STORY REACH

INSTAGRAM FEED POSTS

Sponsored Static Post — \$300

Additional Carousel Photo — \$25 each

Caption Mention in Organic Post — \$150

Product Placement/Photo Tag — \$100

Sponsored IGTV Post — \$400

INSTAGRAM STORIES

1 — \$75

2 — \$145

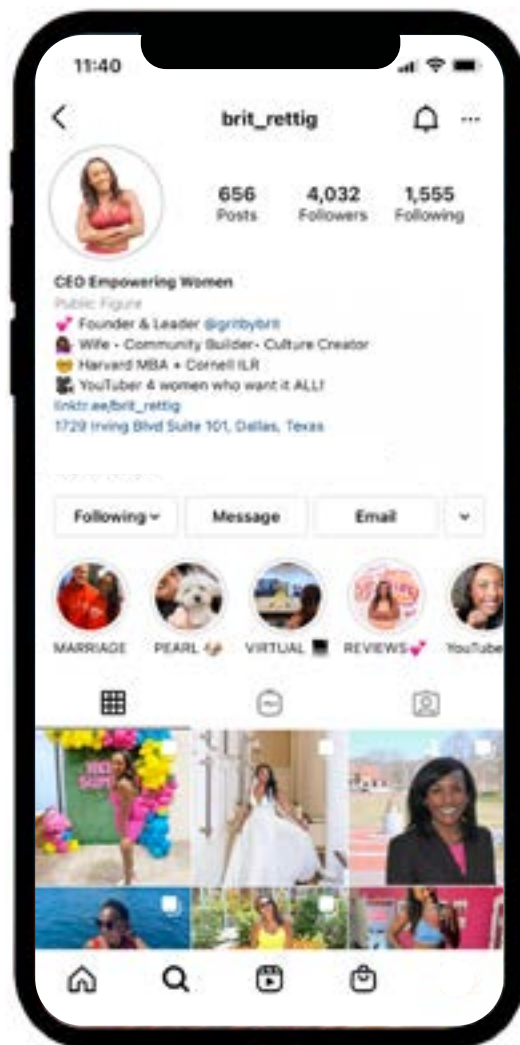
3 — \$215

4 — \$280

5 — \$350

10 — \$650

Additional \$50 per link included in story.



INSTAGRAM LIVE

Base Fee for Prep and Promotion — \$250

Per Minute Live — \$25

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