

# BRIT RETTIG WOLD

Founder of GRIT Fitness | Harvard MBA | Cornell Basketball Captain | Mother of Four

**BRIT WOLD HELPS WOMEN BUILD STRENGTH – PHYSICALLY, MENTALLY, AND PROFESSIONALLY – THROUGH RESEARCH-BACKED GRIT BY BRIT FRAMEWORKS THAT TURN RESILIENCE INTO CONFIDENCE, LEADERSHIP, AND LASTING IMPACT.**

## **SIGNATURE KEYNOTE: THE POWER OF GRIT**

### **Turning Challenges Into Your Greatest Advantage**

In a world where uncertainty and pressure are constant, resilience is the ultimate competitive advantage.

In this inspiring keynote, Brit Wold shares the mindset and habits that helped her leave a high-profile corporate career, build a successful fitness brand, overcome personal setbacks, and lead a thriving community of women.

Audiences will learn how to:

- Develop mental toughness in high-pressure environments
- Reframe setbacks as opportunities for growth
- Implement strategy to achieve long-term goals
- Cultivate resilience in both career and life

Best for:

Leadership conferences, corporate events, entrepreneurship summits.

### **ADDITIONAL SPEAKING TOPICS:**

#### **You Can Have Both**

How Ambitious Women Build Careers, Families, and Community Without Compromise

#### **The Strength Gap**

How to Build Physical and Mental Muscle to Thrive and Age Powerfully

#### **Strong Enough to Rest**

Self-Care, Boundaries, and Sustainable Success

#### **From Corporate to Founder**

Taking Calculated Risks to Build a Mission-Driven Career



[BRIT@DALLASGRITFITNESS.COM](mailto:BRIT@DALLASGRITFITNESS.COM)

[GRITBYBRIT.COM](http://GRITBYBRIT.COM)

# MEET BRIT

Keynote Speaker | Entrepreneur | Women's Strength & Leadership Advocate

Brit Wold is the founder of **GRIT Fitness**, a Dallas-based women's strength training community that has empowered thousands of women to build physical strength, mental toughness, and lasting confidence.

**A Harvard Business School graduate, former Captain of the Cornell Women's Basketball Team, entrepreneur, and mother of four**, Brit has spent her life studying what it takes to build resilience, lead teams, and perform under pressure.

Through her platform **GRIT BY BRIT**, she shares research-backed frameworks that help women develop the strength, mindset, and leadership capacity needed to thrive in both their careers and personal lives.

Brit's speaking style blends the discipline of a **championship coach**, the inspiration of a **pastor**, and the energy of a **cheerleader**, leaving audiences motivated, challenged, and equipped to take action.



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# SPEAKING ENGAGEMENT FORMATS

## CORPORATE KEYNOTES

A high-energy keynote designed to inspire teams to lead with confidence, resilience, and purpose. Each presentation blends powerful storytelling with practical strategies employees can apply immediately to strengthen leadership, mindset, and performance.

## WOMEN'S LEADERSHIP CONFERENCES

An empowering keynote created for women who are ready to lead boldly and authentically. Through personal insights and actionable tools, Brit equips audiences with the confidence, clarity, and mindset shifts needed to step fully into their leadership potential.

## CORPORATE WELLNESS EVENTS

An engaging session focused on helping professionals prioritize mental wellness, manage stress, and sustain high performance without burnout. Brit combines relatable experiences with practical strategies that support both personal wellbeing and workplace success.

## PANEL DISCUSSIONS

A thoughtful and engaging contributor to panel conversations on leadership, resilience, career growth, and personal development. Brit brings an authentic perspective and practical insights that resonate with audiences and elevate the conversation.

## WORKSHOPS & LEADERSHIP PROGRAMS

Interactive workshops designed to move beyond inspiration into real implementation. Participants walk away with practical frameworks, reflection exercises, and actionable tools they can immediately apply to strengthen their leadership and personal growth.

# AUDIENCE OUTCOMES

## AUDIENCES LEAVE BRIT'S TALKS INSPIRED AND EQUIPPED TO:


- Build confidence and leadership presence
- Develop resilience and mental toughness
- Improve health, energy, and long-term wellbeing
- Strengthen community and connection
- Show up more powerfully in work and life



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# PRICE & PAYMENT STRUCTURE

	Virtual	In-Person (Dallas)	In-Person (US, non-Dallas)
Keynote presentation (45-60 minutes)	\$5,000	\$7,500	\$10,000*
Wellness Workshop (2-3 hours)	N/A	\$12,000	\$14,000*
Quarterly Series	\$18,000	\$21,000*	\$26,000*

\*Price listed denotes base compensation for non-Dallas engagements. Reasonable travel expenses to be covered by client in accordance with client's travel policies.

\$26,000\*



# MEDIA FEATURES

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# PAST SPEAKING ENGAGEMENTS

