



Simone Knego

TEDX SPEAKER | BEST-SELLING AUTHOR

SIMONE'S TRANSFORMATIONAL TALK: **HOW DO YOU LIKE YOUR EGGS? EMBRACE AUTHENTICITY, CONQUER SELF-DOUBT**

In this powerful and thought-provoking speech, Simone Knego delves into the impact of social media and conformity on our self-perception, drawing inspiration from the movie "Runaway Bride" and personal experiences. She exposes the damaging cycle of comparison and negative self-talk that plagues our society, highlighting alarming statistics on body dissatisfaction among young women. The audience is confronted with the harsh reality of distorted reality presented on social media and its detrimental effects on self-worth.

Simone Knego incorporates an enlightening social conformity experiment, challenging the audience to reflect on their own tendencies to conform and the extent to which societal expectations shape their behavior. She shares personal moments of struggle and vulnerability, including her battles with negative self-talk and the internalization of societal ideals. This prompts the audience to examine their own thought patterns and recognize the profound influence of self-perception on overall well-being.

Why do 35% of Americans believe in aliens, but only 4% of women worldwide believe they're beautiful? It's not a matter of fact; it's believing. And if it's simply about belief, we need not change ourselves but instead change how we see ourselves.

Simone Knego has wowed audiences globally with her TEDx Talk, "T.A.L.K.ing To Kids About Bias." Now, two-time TEDx Speaker Simone takes to the stage to discuss a simple shift in mindset, yet another idea worth spreading.



Simone's speech elevates every chair in the auditorium to 19,000 feet in her story of climbing Mount Kilimanjaro. This impactful speech is designed to inspire and empower individuals to challenge societal norms, break free from the confines of conformity, and embrace their authentic selves in a world that often dictates otherwise. By sharing her personal journey and insights, the speaker aims to ignite a powerful self-transformation within each listener, fostering a society where uniqueness and self-confidence reign supreme.

Learner Objectives:

- Freedom From Social Conformity
- Overcome the Fear of Failure
- Create Positive Mindset Shifts

To book Simone Knego for your next event, please contact:

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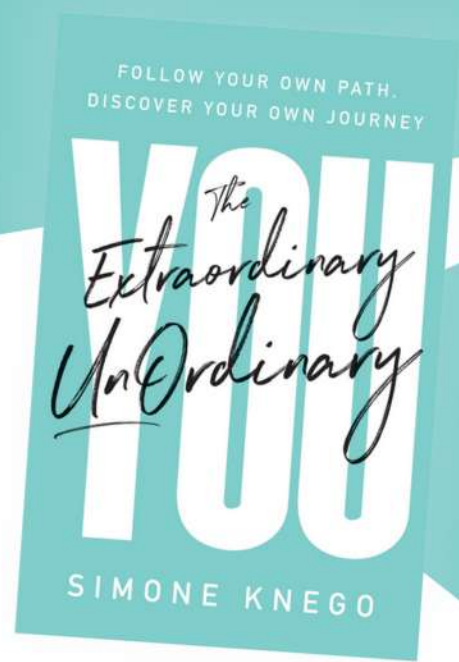
"Simone's ability to connect - really connect - whether you are an audience of one or thousands - is unparalleled. She is not merely willing to share her journey, but thrilled to. Simone's passion is contagious - how often do you meet someone who inspires you, energizes you, reassures you, teaches you and challenges you."

Jenna Corman Mandel,
Associate Vice President, National Women's
Philanthropy Jewish Federations
of North America

Simone's Bio

Simone Knego, best-selling author of *The Extraordinary UnOrdinary You*, is a speaker, entrepreneur, and mother to six multicultural children. Simone instills in her audience the dynamic lesson that what you do matters. With her bold witticism, larger-than-life personality, and fearless attitude, she is a powerful force for good.

She shares her journey of adopting three of six children in foreign countries, climbing Mount Kilimanjaro to raise cancer awareness, and all of the funny, scary, and inspiring



stories that came along the way. From a little over 19,000 feet and looking back down, Simone shares the simple, profound, poetic tidbit, "it's the little things we do each day that make a difference."



Entrepreneur

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