

KIM BECKING

SPEAKER • AUTHOR • LIFE COACH • CANCER AND LIFE THRIVER
www.lookingforwardlivinglife.com

Kim
BECKING
looking forward. living life.

For Booking Info, contact Kim: kim@lookingforwardlivinglife.com or 573-808-6315

Kim Becking is a nationally sought after motivational speaker, author and life coach. More importantly, Kim is a cancer and life thriver who truly believes that life's inevitable challenges are an opportunity to pause and reinvent ourselves – not only surviving but thriving, even in the midst of unexpected change, challenges and adversity. In 2002, at the age of 30, while planning her son's second birthday Kim was diagnosed with breast cancer. She fought it and with her friends and co-authors, wrote a book – *Nordie's at Noon – the Personal Stories of Four Women "Too Young" for Breast Cancer*. Kim's passion to tell her story and share the tools she used to not only survive, but thrive, through cancer and through life, has made her a favorite among audiences.

Kim's story of thriving is one that she can tell through many chapters – some expected, but others very much unexpected: her battle with breast cancer at the age of 30; the demands of owning her own business; patient advocacy; the balance of being a working mother; the unexpected challenges of marriage, family and divorce; having a second chance at love; remarrying a widower with two small children; and adjusting to a fabulous new life in a blended household as Kim Becking – mom of three, party of five.

No matter the challenge, Kim has continued to reinvent herself – always looking forward, living life and making every day count. For over 13 years Kim has put audiences at ease while inspiring them through her stories of survival and reinvention. Audiences ranging from cancer survivors to health care professionals; from corporate leadership to non-profit organizations have gained insight and perspective from her keynotes, breakout sessions, workshops and retreats. Whether as a keynoter, moderator, panelist or host, Kim continues to inspire her audiences with her gifts of honesty, courage, hope and laughter.



The New York Times



Kim's Programs

Surviving and Thriving: I Still Buy Green Bananas

We all need hope – something to look forward to, something that drives us in our lives, even on those days when we think we can't get out of bed. After hearing Kim's presentation, audiences will want to rush to the grocery store and buy green bananas, which to Kim signified hope during her cancer journey, as she was determined to be here when they ripened. Kim provides practical tips to not only survive, but thrive, after hearing those words "You Have Cancer." ***This is a favorite amongst cancer thrivers.**

We All Have Our Scars: Perspectives from a Breast Cancer Survivor: Just Be YOU tiful

In life, we all have our scars – whether it's physical or emotional – and we must learn to accept them and find that inner spirit we all possess in order to live a joyful life. Kim shares her own perspective about her scars in a courageous and funny way – her journey with her physical scars from her breast cancer diagnosis, but also the emotional scars of her divorce, dating and ultimately finding love again – all while learning to accept herself – scars and all. Audiences leave this presentation feeling empowered to face their own challenges and obstacles, and ultimately accept and learn from their own scars in life – whatever form they take.

When Momma Ain't Healthy, Ain't Nobody Healthy: Taking Control of Your Health And Your Life

You've heard the saying – "If momma ain't happy, ain't nobody happy." Well, "if momma ain't healthy, ain't nobody healthy." Kim shares her experiences on how to make time for yourself, reduce stress, be your own health care advocate and ultimately take control of your health and your life – even when facing obstacles and challenges. After catching her breast cancer early because of breast self-exam, Kim is living proof that taking care of yourself can save your own life. Audiences will leave with practical tips on how to find balance and ensure that they are taking care of themselves in order to create a healthy and fabulous life.

MORE PROGRAMS ON NEXT PAGE

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More of Kim's Programs

Nordie's at Noon: The Power of Hope, Friendship and Retail Therapy

Kim shares the experiences of herself and her three friends, co-authors of *Nordie's at Noon*. This is a story of four young professional women diagnosed with breast cancer at the age of 30 or younger. Once a month, they met at Café Nordstrom for lunch. It was their special place to laugh, cry and celebrate the journey of life after a cancer diagnosis. It's a story of friendship, humor, strength, inspiration and education sprinkled with a little retail therapy. After sharing these inspirational lessons on life, Kim will leave audiences filled with laughter, hope and a desire to make every day count. Her message speaks to anyone who has ever been diagnosed with cancer, supported someone with cancer or faced a seemingly insurmountable challenge.

A New Sense of Normal

After a cancer diagnosis, life as Kim knew it changed forever. When Kim's cancer treatment was complete, she found the finish confusing. What exactly do you do when you're sent home supposedly "cancer free?" Kim couldn't resume her normal life. She wasn't the same person she was before she was diagnosed with breast cancer. The "ding" that pronounced her cancer-free didn't come with a "how to return your life to normal" book. Instead, she had to find a new sense of normal. Audiences will leave feeling inspired to find their own new normal after a cancer diagnosis.

From Patient and Caregiver to Advocate

Facing a health care crisis can be a challenge, often times leaving patients and caregivers overwhelmed and unsure of where to turn. Kim shares her experience as a breast cancer patient as well as those of friends and family who have been patients and caregivers. Kim provides practical advice – empowering her audiences to become their own advocates as it relates to their health and those they love and encouraging them to take control of their own health and life.

No Doctor, I Don't Understand Your Alphabet Soup (This program is designed for medical health care professionals.)

Kim shares her experiences from the patient's perspective after hearing those words "you have cancer." Often times, doctors, their medical jargon and their assumptions about a patient's understanding of their own diagnosis leaves patients feeling more confused, scared and overwhelmed than before they were diagnosed. This program was specifically designed to provide health care providers with practical tips to improve communication with their patients.

The Recipe for a Great Life: Not Only Surviving, But Thriving

Kim shares her recipe for survivorship, which has allowed her to not only survive, but thrive in life - even in the midst of uncertainty, change and challenges. No matter the challenge, Kim continues to reinvent herself, adjusting and adapting her recipe for a great life as life's challenges require. Kim's challenges have been faced by many of us, and this presentation is one that will leave audiences at ease while inspiring them to create their own recipe for a great life – not simply surviving, but thriving.

Additional Programs: (Program description provided upon request.)

- **Mammogram Shoes and Pap Smear Purses: Celebrating the Big and Little Things**
- **Resigning as General Manager of the Universe: Finding Balance in a World of Chaos**
- **The Rollercoaster Ride of Life: Learning to Throw Your Hands Up, Scream and Find the Joy**

NOTE: All of Kim's programs can be adapted for a keynote, breakout, seminar, facilitation or retreat. Kim can tailor a combination of programs to meet your exact needs, including continuing education credits.

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RAVE REVIEWS FOR KIM

“Kim speaks with authority and compassion to breast cancer survivors. She encourages them to feel empowered to address the challenges they face as they travel the journey of breast cancer, and she inspires them to make the most of each and every day.”

Toni Mountain – Survivor Programs Manager
Susan G. Komen for the Cure
Oregon & SW Washington Affiliate

“Kim’s engaging and inspirational remarks provided our audience of young breast cancer survivors with guidance, empowerment, laughter and an encouraging look at the things in life that are truly valuable and worthwhile.”

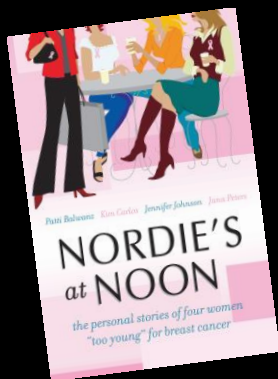
Elyse Caplan – Living Beyond Breast Cancer

“Kim is insightful, compassionate, knowledgeable and sincere. We were so lucky to have her as our guest speaker. I would encourage everyone to take advantage of the opportunity to hear her speak.... it is a moving experience. She was fantastic. She was everything we hoped she’d be and more.”

Sally Cascella, Norma Pfriem Breast Care Center

Read more testimonials, review client list and see videos at www.lookingforwardlivinglife.com.

Unforgettably real and inspirational, *Nordie’s at Noon* is a true story about four young friends diagnosed with breast cancer and the monthly luncheon that lifted their spirits.



Kim is co-author of *Nordie’s at Noon—the Personal Stories of Four Women “Too Young” for Breast Cancer,* which has received national acclaim and been featured in national publications such as *People*, *SELF*, and the *New York Times*. She is the recipient of the Natalie Davis Spingarn Writer’s Award by the National Coalition of Cancer Survivorship, among many other honors.

Nordie’s at Noon shares the personal stories of four young professional women diagnosed with breast cancer at the age of 30 or younger. Once a month, they met at Café Nordstrom for lunch. It was their special place to laugh, cry and celebrate the journey of life after a cancer diagnosis. *Nordie’s at Noon* serves as a source of humor, strength, inspiration and education to anyone facing a cancer diagnosis and to those that love them.

Read more about *Nordie’s at Noon*: www.lookingforwardlivinglife.com

