

# KIM BECKING

SPEAKER • AUTHOR • LIFE COACH • CANCER AND LIFE THRIVER

[www.lookingforwardlivinglife.com](http://www.lookingforwardlivinglife.com)

Kim  
BECKING  
looking forward. living life.

For Booking Info, contact Kim: [kim@lookingforwardlivinglife.com](mailto: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 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 and associations 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.



Lifetime  
Television for Women

The New York Times



People

SELF  
MAGAZINE

REDBOOK  
MAGAZINE

Ms.  
MAGAZINE

THE HUFFINGTON  
POST

## Kim's Programs

### **Surviving and Thriving: I Still Buy Green Bananas (Inspiration/Motivation)**

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."

### **Resigning as General Manager of the Universe: Finding Balance in a World of Chaos (Work/Life Balance)**

For many of us, life is anything but balanced. It's more like a colossal collision between the thousands of things pulling at our time – the demands of work, home and everything in between – not to mention arms and legs if you have kids. In this interactive session, Kim shares her own lessons learned about balancing the chaos of life through the demands of being a wife, mom, friend, cancer survivor, passionate volunteer and entrepreneur as well as dozens of other hats she wears. Audiences learn the five key steps to "resigning as general manager of the universe" and leave with a renewed sense of empowerment to take back their own life, one in which they are thriving rather than simply surviving.

### **The Rollercoaster of Life: Learning to Throw Your Hands Up, Scream and Find The Joy (Change)**

Rollercoaster: defined as anything characterized by abrupt and extreme changes, also known as life. Kim shares her honest, raw, inspiring and humorous ride on the rollercoaster of life. Through the ups and downs of cancer, divorce, job transitions and other dips, she learned to throw her hands up, scream and in the end, find the joy on the ride of her life, even though at times, she would have rather been on the ferris wheel. Kim provides audiences the tools she used to successfully navigate change and find the joy in a world of uncertainty.

**Many additional programs are available. For a complete listing, visit [www.lookingforwardlivinglife.com](http://www.lookingforwardlivinglife.com).** 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.

Connect With Kim:



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[Twitter.com/maketodaycount1](https://twitter.com/maketodaycount1)



[LinkedIn.com/in/kimbecking](https://www.linkedin.com/in/kimbecking)



## 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.”***

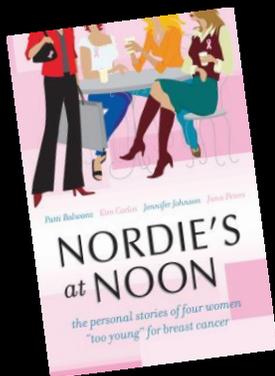
Elyse Caplan – Living Beyond Breast Cancer

***“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](http://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 who love them.

Read more about *Nordie’s at Noon*: [www.lookingforwardlivinglife.com](http://www.lookingforwardlivinglife.com)  
Book Signings are Available at All of Kim’s Speaking Event

