

ROZ THE DIVA

Speaking Topic:

Build Your Confidence!

Roz The Diva has dedicated over a decade to helping nontraditional athletes kick ass in and outside of the gym. Whether public speaking, teaching pole dancing, or running her mouth on social media, she makes sure everyone with a pulse feels like an athlete (even you!). When she's not sweaty at the gym, she's usually making pancakes with Beyonce and Michelle Obama.

**Empowering
everyone to
succeed in and out
of the gym!**



Participant from BPFA
Helping Non-Traditional Clients
Overcome Gymtimidation

Roz is the kind of speaker that lights you up. Listening to her has inspired me and equipped me to to implement positive changes to improve my practice. You gotta see her!



RozTheDiva.com



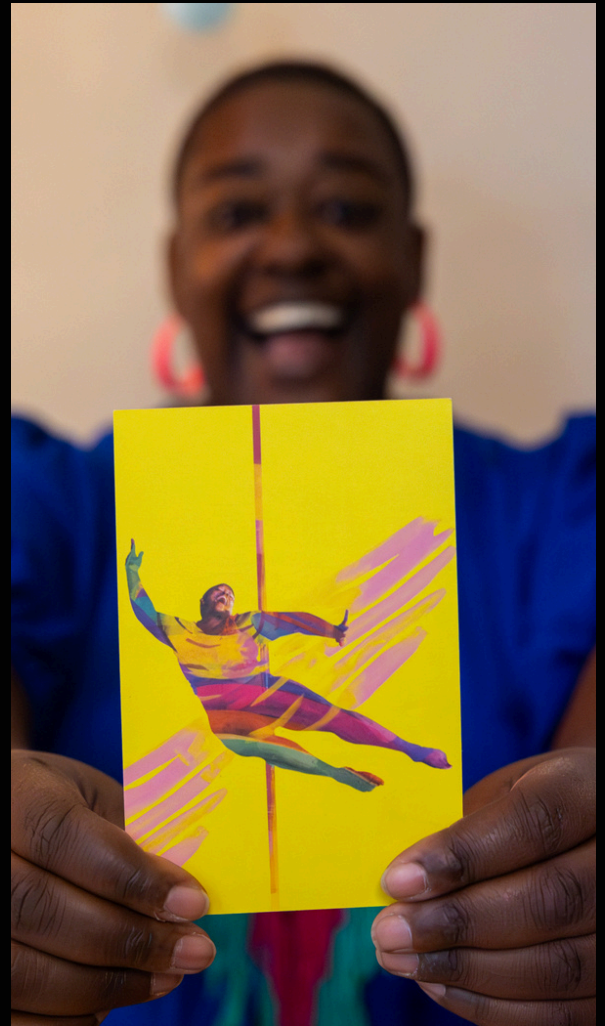
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As a seasoned pole dancer & instructor, I've learned a thing or two about building confidence. Confidence isn't about being the prettiest, the strongest or the smartest person on the stage - it's about enjoying yourself. Let's explore these and other lessons from the pole and apply them to real life!

ROZ
THE DIVA

Attendee Takeaways:

- How to find power in doing what scares you
- Why authenticity beats fancy tricks
- Why sex appeal is overrated
- What the audience really wants from you



As Seen In

Talks
at
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**BODY POSITIVE
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Connect with Roz



@RozTheDiva