



Mary A. Redmond

FearLess Negotiator, Speaker, Author,
Body Language Expert



INTRODUCTION for Inspiration Keynotes

A compelling speaker and storyteller, Mary A. Redmond delivers high-energy presentations on overcoming adversity. Her story of recovery and resilience is a testimony to the power of the human spirit.

She inspires audiences with humor and her genuine down-to-earth style as she shares her battle with addiction and recovery from a traumatic brain injury.

Mary lives her message. She reveals simple, effective strategies that anyone can use to get back on track, build resiliency, reduce stress, and cultivate a sense of humor.

Please help me welcome Mary Redmond.