

ANGELA GARGANO

Biochemist Turned 6x American Ninja Warrior

Miss Fitness USA Winner

Entrepreneur and Coach

“Be the First”: Why bold, scary firsts build the strongest version of you

\$10,000 for in-person or virtual
plus \$1,500 flat travel fee; + client is responsible for prof. venue-city ground & hotel

[Angela's Speaker Reel](#)

Achievements

- Biochemist turned 6x American Ninja Warrior
- High Performance and Wellness Coach
- Motivational and Inspiring

Highlights

- Angela Gargano helps high performers do the bold, scary *firsts* that build real confidence and momentum. A **6x American Ninja Warrior** and **former biochemist**, she blends science-backed performance with lived resilience to move teams from hesitation to action.
- Through her keynote **Be the First**, Angela guides audiences to identify the next courageous step, stack micro-wins, and turn failure into data that accelerates growth. Her energy is contagious, her tools are practical, and her message sticks long after the applause.
- Audiences leave with a clear first step, a momentum plan, and the confidence to execute under pressure—whether that’s sending a gutsy email, launching a bold project, or staging a comeback after a setback.

Angela Gargano's Bio

Angela Gargano is a keynote speaker, 6x American Ninja Warrior, Miss Fitness America, 3x Covergirl biochemist-turned-coach, and founder of a global movement that's helped thousands of women accomplish what once felt impossible—starting with their first pull-up.

After tearing her ACL live on national television, Angela didn't just recover—she redefined herself. She turned a career-halting injury into a comeback story, launching a six-figure business rooted in resilience, adaptability, and bold action. She now brings that same battle-tested mindset to organizations and audiences worldwide.

Her signature RIGHT™ Framework helps individuals and teams break through fear, perfectionism, and burnout—teaching them how to navigate change, take aligned action, and build sustainable momentum even when things feel uncertain.

With a background in biochemistry and gymnastics, Angela brings both science and soul to her keynotes. Her talks are known for blending raw storytelling, contagious energy, and practical, actionable tools that leave lasting impact.

Angela's work has been featured in *The Wall Street Journal*, *Women's Health*, and *Oxygen Magazine*, and she's spoken on stages across industries—from healthcare to tech to high-performance leadership. Whether she's leading a room full of executives, entrepreneurs, or high-achieving women, her mission is clear: to help people stop waiting for clarity and *start creating it*.

What if it all goes right? Angela is here to show you how.

Programs

Be the First

Why bold, scary firsts build the strongest version of you.

Be the First is a high-energy keynote where Angela Gargano empowers audiences to step beyond fear and uncertainty and do something they've never done before.

Because “being the first” isn’t about being the strongest, smartest, or most experienced—it’s about having the courage, discipline, and mindset to take that very first step into the unknown.

Drawing from her journey as a 6-time American Ninja Warrior, former biochemist, and coach to thousands of women achieving their first pull-up, Angela blends science-backed performance strategies with unforgettable storytelling. She shows leaders and high performers how to embrace change, reframe failure, and create unstoppable momentum—whether that’s sending a daring email, launching a bold project, or making an epic comeback after a setback.

Audiences learn that courage gets you started, but discipline and mindset are what keep you moving—long enough to turn the “impossible” into reality.

Key Takeaways

- A science-backed blueprint to move through fear, failure, and uncertainty with confidence.
- How to build the courage, discipline, and mindset to do something you’ve never done before.
- Tools to reframe setbacks as springboards for resilience and growth.
- A framework for creating unstoppable momentum—starting with your very first step.
- Inspiration to stop asking “*What if I fail?*” and start leading with “*What if it all goes right?*”

This Keynote Is Perfect For:

- Leadership Keynotes, Retreats, & Executive Summits
- Sales Kickoffs & Performance Workshops
- Wellness-Driven Culture & Burnout Recovery Events
- Women’s Empowerment & Resilience Conferences
- Opening or Closing Sessions That Set the Tone or Seal the Message

What if it all Goes R.I.G.H.T?

The Mindset Shift That Turns Challenges into Breakthroughs

What if, instead of focusing on what could go wrong, you started asking: What if it all goes right?

Angela Gargano teaches individuals and teams how to shift from hesitation to high performance using her RIGHT Framework:

- Recognize & Feel
- Identify What You Want + What You Can Control
- Game Plan it Out
- Hold the Adaptable Mindset
- Take Relentless Delusional Action

This proven system empowers people to navigate uncertainty, embrace change/failures, build resilience, and take bold action—even before they feel ready.

Instead of being paralyzed by worst-case scenario thinking, they gain the tools to adapt, innovate, and turn challenges into opportunities. By focusing on what's possible, rather than what's preventable, they unlock a mindset that fuels growth, confidence, and long-term success.

The result? Stronger leadership, greater adaptability, and the ability to take decisive action—again and again.

This keynote is more than just motivation—it's a battle-tested strategy for resilience, leadership, and achieving impossible goals.

When most people stop, you will keep going, growing, and leading.

Key Outcomes & Takeaways

- How to navigate uncertainty like a high performer—whether in leadership, business, or life.
- A battle-tested, reliable system for moving through hard things—the RIGHT Framework.
- How to break big challenges into manageable steps—so you don't just start, you finish.
- Reframing failure and setbacks as fuel for your next breakthrough.
- Mastering emotions, building confidence, and taking bold action in high-pressure situations.
- How to show up as a powerful leader—whether for your team, your clients, or yourself.
- Stories that inspire, strategies that stick, and a mindset shift that lasts long after the event.
- A deeper sense of fulfillment, excitement, and ownership over your work and life.

What if it all Goes R.I.G.H.T? (Emphasis on Wellness)

The Little Things Matter

In this transformational keynote, Angela Gargano shares the powerful story of how one split-second ACL tear on national television forced her to redefine her identity, rebuild her strength, and reimagine her purpose. What began as a devastating moment turned into the foundation of her signature RIGHT™ Framework—a step-by-step method that has helped thousands of people rise from burnout, overwhelm, and setback. Through raw storytelling and vulnerability, Angela brings the audience into the moment when everything she worked for was ripped away—and how that moment, rather than breaking her, became the catalyst for everything that came next.

Designed for leaders, high achievers, and everyday people navigating wellness, leadership positions and personal growth, this keynote challenges the idea that success comes from massive leaps or perfect plans. Instead, Angela reveals that real transformation comes from the little things: choosing to check in with yourself, moving your body for just 30 minutes, reframing a failure, or taking a single step before you feel

ready. With humor, heart, and science-backed insight, she bridges the gap between inspiration and implementation, offering tangible tools that can be used immediately—at home, in business, or in leadership.

Angela closes by asking a bold question: *What if the thing you think is breaking you... is actually building you?* Through her RIGHT™ Framework, she invites audiences to stop waiting for the perfect moment and start creating momentum with small, intentional actions. This isn't just about bouncing back—it's about breaking through.

Key Takeaways:

You are not defined by your breakdown—you're shaped by how you rebuild.

- Small, consistent actions matter more than big, perfect ones.
- Recognizing how you actually feel is the first step to change.
- Focusing on what you *can* control creates power and peace.
- Adaptability is more important than having a flawless plan.
- Confidence is built by taking bold, imperfect action.
- The hallway between where you are and where you're going is where your next level begins.
- You already have everything you need—it's just time to take the first step.

Testimonials

- *Muscle Milk loved working with Angela. She led an engaging and challenging virtual workout for our internal team, which left everyone sweaty and high on endorphins! She was timely, passionate and well-organized, and included time during our cool down to discuss current protein and fitness trends. Overall, we had a great time working out with Angela and enjoyed her enthusiasm for fitness!*
– Muscle Milk

- *We had the pleasure of booking Angela Gargano to speak. She brings fresh and vibrant energy to the stage, has a fantastic way of integrating the audience into her presentation and shows she truly cares about the outcome of the event beyond just the time she is presenting.* - James Patrick, Founder, FITposium
- *"You do an amazing job on your pre-event calls - you are super client focused and you make the client feel like they are the only thing you have and they are the center -you are amazing lady"* - Monica Bebie, Chief Executive Officer: CAMPUSPEAK & EVERGREEN Speakers
- *Angela is an innovative content creator who knows her audience inside and out. Her passionate dedication shines through in everything she does, and it's always a rewarding experience to collaborate with her as we create fun and informative content for our Women's Health platforms. I would thoroughly recommend working with Angela in any capacity.* - Amanda Lucci , Audience Engagement Manager, Women's Health Magazine
- *"Angela sure knows how to engage, entertain and inspire an audience! We invited her to come speak at our 2022 Women in Leadership Conference by EmpowHer and she brought the HEAT! Over 150 women were amazed by her story and ability to provide actionable steps that related to their lives. Since the event we have gotten countless positive feedback asking for her to come back. I would recommend Angela 1000x over to be a speaker. She not only provided valuable content but also helped us grow as a company."* - Sam Conway Founders of the Konnecther Community for Female Entrepreneurs
- *"Angela's work ethic, story telling ability and natural on stage presence made her one of the all-around best presenters we've ever had at our event."* - Jon Cooper, Creator of Tiny Talks
- *"Angela's Energy is Contagious! If I could I would box it up and take it with me everywhere!"* - Amy Jo Martin - Founder of Renegade Global