



RESILIENCY

EMPOWERMENT

CONFIDENT

ABOUT MCKENNA

McKenna Reitz is a TEDx speaker who empowers men and women to reframe life's challenges into gifts and opportunities so they can pursue their purpose with clarity and confidence. After losing all her hair due to Alopecia, McKenna uses her journey of having this autoimmune disease to help others overcome the loss in their life by resetting the mindset of their "loss" into growth and opportunities in their lives.

Teaching AP Psychology and coaching varsity volleyball for the past 17 years, McKenna resides in Toledo, OH with her husband Greg, and two beautiful daughters Karsen (10) and Maddox (7).

For her expertise, McKenna has been featured in:



Forbes

TEDx

woman's day



yahoo!news

healthy women

mindbodygreen

U.S. News & World Report



GOOD HOUSEKEEPING



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MCKENNA REITZ
SPEAKER | AUTHOR | CONSULTANT

"McKenna is a bright light both on and off the stage! She is a real-life example of strength, power, and perseverance."
- JEN GOTTLIEB

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KEYNOTE TOPICS



Why "Can't" is the Dirtiest 4 Letter Word

McKenna discusses how to persevere through difficult times. We all think we "can't" at some point in life, but refocusing our energy into what we *can* do has amazing results.



Sometimes You Have to Lose in Order to Win

Let's talk about loss... of hair or anything else that impacts your life. Loss can make you stronger and more resilient if you reframe your mindset.



How Hair Loss Brought Me to Confidence

Gaining confidence through hair loss? It happened for McKenna! Your trials and losses can actually build your confidence with the right mindset.