



✓ SHORT BIO

Angela Gargano is a 6x American Ninja Warrior, former biochemist, Miss Fitness America 3x Cover Girl, and internationally recognized keynote speaker helping leaders redefine what's possible. After tearing her ACL live on national television, she rebuilt her body—and her identity—transforming setbacks into a launchpad for bold action and breakthrough leadership.

Now the founder of a six-figure coaching business that's helped thousands of women conquer their first pull-up, Angela speaks on stages across the globe to empower teams and high-performers to stop playing small, lead with confidence, and take powerful, aligned action.

Blending science, strategy, and storytelling, she equips audiences with the RIGHT™ Framework & Be the First Mentality that is a proven system to navigate uncertainty, embrace resilience, and ask: *What if it all goes right?*

✓ LONG 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.