

A dynamic messenger of  
Hope, Motivation, and  
Inspiration



# Kimberly Gilbert

## Motivational Speaker & Resilience Coach

Kimberly is a highly-rated motivational speaker with 12+ years of experience as a group facilitator and resilience specialist. Kimberly works with individuals, groups, and corporate organizations to build strong teams, increase productivity, and empower them to become a better version of themselves. Kimberly is the founder of One Common Bond and is also the Director of The Resilience Team.

- Master Resilience Trainer
- Critical Incident Stress Management
- Suicide Prevention Specialist
- Master Facilitator

## SIGNATURE TOPICS

- ✓ Building Resilience
- ✓ Wellness and Self-care
- ✓ Turn Pain Into Purpose
- ✓ Building Your Brand
- ✓ Prioritizing Mental Health in the Workplace

## LET'S WORK TOGETHER!

Contact me to set up a custom session for your group.

- Keynote Speaker
- Small Group/Break Out Sessions
- Interactive Group Activities
- Team Building Events

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