



# Moka BEST

**SPEAKER | MENTOR | AUTHOR**

## About me



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Moka Best is a retired professional triathlete, mother, and corporate executive. After retiring from her racing career and hanging up her spandex due to a chronic degenerative disease, Ehlers-Danlos Syndrome (EDS), she was forced to reinvent herself and career. Today, despite her disease, she's a successful executive in Business Leadership at a global direct and digital marketing agency. Through professional and personal challenges, she has experienced much in managing work-life balance, overcoming adversity, and limiting beliefs. She's passionate about using past experiences to create captivating speeches that empower women with valuable, motivating, and life-changing takeaways that they can use to level up their careers, and personal lives.

### SPEAKING TOPICS

- The Truth About Work-Life Balance
- Fire Your Limiting Beliefs and Promote Your Feminine Side
- Persevering in the Face of Adversity



“Moka Best has taken her story of personal triumph and lifts those around her with a powerful message of hope and healing. Her unique ability to captivate and inspire is one I've rarely seen; it comes naturally to her. Anyone who's worked with her knows that she's captivating and thought-provoking.”

- Brittany Larsen, Creator of Livlihood

## Contact



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