

# BEN KILLOY

S P E A K E R | A U T H O R | C O A C H

[WWW.BENKILLOY.COM](http://WWW.BENKILLOY.COM)



Ben Killoy is a U.S. Marine Veteran, speaker, coach, and podcaster. He went through what most transitioning veterans go through, the feeling of needing to redefine their identity and rediscovering their passion and purpose for life. A seminar changed it all for him and allowed him to discover his passion for leadership and helping others reach their potential.

He has spent the last 6 years mastering leadership principles and using his passion for leadership to help people understand who they are, develop their skills to overcome adversity, and own their life choices to enable them to step into their best life.

Ben's speaking combines his own insights into his unique experiences with the military and fatherhood, along with interviews and discussions with other thought-leaders from around the world. The fact that Ben's insights are based on his personal experiences, and the experiences of the others he interviews gives credibility to his understandings. Sharing both his successes and failures brings a more heart-centered approach to audiences, enabling a deeper connection to his audience.

## SUGGESTED INTRODUCTION

Today's guest, Ben Killoy is a Marine Veteran, speaker, a coach with a focus on helping dads rebuild confidence in who they are. Ben was spending a great deal of time running on the common path in life, transition out of the military, college, get a job, start a family, all towards American Dream. In 2014 he dropped out of the College of Engineering and left with a big question, what next? From this point, he reconnected with a love of leadership, and a desire to become a better husband and dad. He launched his first podcast Military Veteran Dad in 2019 and now his second podcast The Business of Fatherhood in 2021. He is now a stay-at-home dad and coach spending quality time with his family while still working hard and helping others. Ben now helps other dads rebuild their inner confidence and get them excited to walk through the door of their home.

Welcome to the show, Ben!

## INTERVIEW TOPICS

- Prioritizing what is important in our life
- Stop living your life on autopilot
- How to shake that feeling of being stuck
- Feeling success at work, but a doormat at home
- What to do when you fall into the pit of life
- Screamfree Parenting
- How your ego is holding you back
- Why friendships can change your life
- Fatherhood is leadership

*Brought Ben Killoy to speak at the inaugural Military Creator Con, a micro-con of Podfest to share his experience as a host of an interview show. I couldn't have been happier with the value he provided, but the experience he brought to the audience was overwhelming! His knowledge, authenticity, and transparency surely made him the crowd favorite. He put a smile on each person's face he talked to as he welcomed them into his life! A must-have guest on any stage or podcast as you'll get much more value than you could ever pay for.*

**JEFFREY LODICK**

Co-Founder of the Military Podcast Network

## CONNECT WITH BEN



815-262-9662



[fb.me/benjamin.killoy](https://fb.me/benjamin.killoy)



[@ben\\_killoy](https://www.instagram.com/ben_killoy)



[@benkilloy](https://twitter.com/benkilloy)



[ben-killoy](https://www.linkedin.com/in/ben-killoy)



[benkilloy](https://www.youtube.com/benkilloy)



[ben@militaryveterandad.com](mailto:ben@militaryveterandad.com)