

BEN KILLOY

SPEAKER | AUTHOR | COACH

WWW.BENKILLOY.COM

THERE IS MORE TO LIFE THAN BEING ALIVE



Ben Killoy's honesty about his own struggles with self-confidence, how he changed that self-view, and how you can do the same is incredibly inspiring. His message is heartfelt, on-point, and eye-opening. An excellent speaker and motivator for any group! - Keith Nagel (The National At Home Dad Network)

KEITH NAGEL

The National At Home Dad Network)

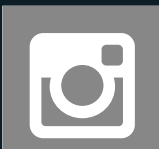
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815-262-9662



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ben@militaryveterandad.com

I grew up on a farm in Southern Wisconsin and joined the United States Marine Corps immediately after high school. I transitioned out of the military in 2007 and began the hardest battle of my life, trying to find my place as a Veteran, business owner, leader, and family man.

I faced many struggles along his path including dropping out of college, losing a job, and starting a family.

Through my journey to become a better dad and find my purpose, I found a passion for coaching others through life transitions and creating an intentional life that is worth living for my family.

SUGGESTED INTRODUCTION

Today's guest, Ben Killoy grew up on a farm in Southern Wisconsin and joined the United States Marine Corps immediately after high school. He transitioned out of the military in 2007 and began the hardest battle of his life, trying to find his place as a Veteran, business owner, leader, and family man.

He faced many struggles along his path including dropping out of college, losing a job, and starting a family. Through his journey to becoming a better dad and finding his purpose. Ben found a passion for coaching others through life transitions and creating an intentional legacy for his family.

Ben now helps other dads find more to life, by redefining the parameters for living and creating a life worth living and leaving behind. 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