



LAARNI MULVEY

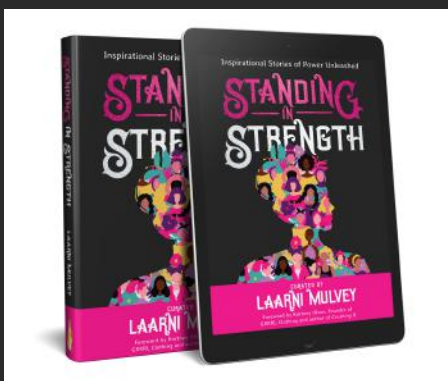


To find out more about Laarni, her work and the Global Women's Strength Initiative, please visit

<https://laarnimulvey.com>

or follow her on Facebook and Instagram using

[@laarnimulvey](#)



Filipino American Women's Strength Advocate, Author, Speaker and Power Lifter, **Laarni Mulvey**, is the Founder of the Global Standing in Strength Movement.

Her 15 years working in the sports industry gave her some powerful insights into the world of sports and athletes. Her observations and interactions with athletes also gave her the opportunity to learn the different perceptions of women across a multitude of sports.

Learning from her own experience and expertise, her own internal power allows her to channel her voice focusing on encouraging women to harness their own unique power and strength.

Using her voice to bring about global change and awareness to disrupt the narrative surrounding the perception of women, Laarni Mulvey may focus on women, and yet her message is to educate the world on the views of women and to champion them to know they are stronger than they think they are.

Known as 'The Power Lady' she encourages and leads women to honor themselves, and build a powerful legacy for future generations. Creator of the Tools of Strength Programme, designed for use by both individuals and teams, Laarni is determined to build the connection of Strong Mind and Able Body the world over.

As a Women's Strength Advocate, Laarni is launching the Global Women's Strength Initiative to support women and girls that do not have easy access to or an understanding of strength, sports, or health and fitness.



with foreword by

KORTNEY OLSON

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*Crushing It. How I Smashed Diet
Culture Addiction & the Patriarchy.*

By Kortney Olson



Publisher & Contributing Author

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Kortney Olson knows what it's like to drag yourself up from the bottom. After surviving a rape, an eating disorder, depression and drug and alcohol addiction all before she was 21, Kortney knows how important it is to turn trauma, pain and despair into power, strength and confidence.

Kortney is a powerhouse speaker that will have you hooked from the very first moment. Guided by her intense passion to see women deal with their issues and take their power back, Kortney gives a no-holds barred tour into her darkest days so every woman, no matter what her story, can see there is hope on the other side. Kortney is no textbook psychologist; she knows her stuff because she's lived it.

Besides being an Australian Women's arm wrestling champion, Queensland state Brazilian Jiu jitsu champion, 3 time international bodybuilding competitor, author, TV personality, Olympic lifting, kettlebell and Crossfit coach, Kortney is a self-appointed "teen whisperer", often taking time from her busy schedule to speak personally to kids struggling through puberty, bullying and the challenge of growing up in today's world. Kortney isn't just a figurehead, she gets down and dirty where it's needed most.

If you think you've seen Kortney before, it's probably because you've seen her smashing watermelons with her thighs on the Internet or TV or being described as the "woman with the world's deadliest thighs" by Stan Lee, creator of Marvel Comics; a title she holds with pride.

Born in the UK, Dawn is best known for her profound wisdom, truth slaying and high energy, not to mention a trademark giggle which is as infectious as a flu epidemic.

As well as being an international bestselling author, author coach and strategist, and publisher, Dawn is an online entrepreneur, specialising in developing global step change and brand expansion strategies, underpinned with powerful leadership and profound truths.

She writes for various magazines, and when not sailing around the world on yachts, she appears on various media channels highlighting and discussing important subjects in today's society.

Her first trilogy 'The Trilogy of Life Itself' is powerful, as is her current series of nine books 'The Sacral Series'. Both compilations bring together the multi-faceted aspects of the world we live in and takes you on a rollercoaster ride of emotions, whilst delivering mic dropping inspiration, motivation and awakening. Both bodies of work capture life around the world in all its rawness.

Dawn's expertise lies in making you rethink your life, whilst harnessing the deepest freedom of all: your own truth. She's an authority on leading others to create exceptional results by igniting the passions and fire deep within and shifting them from fear, feelings of imposter and self-doubt to living life where they are free to speak and live powerfully.



Contributing Author

ELIZABETH SHAW

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Contributing Author

RAYCHELLE ELLESWORTH

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Liz Shaw is a full-time businesswoman, a part-time endurance athlete, an eating disorder survivor, a wine enthusiast, a sushi aficionado, a book hoarder, and a social media butterfly.

She found her love of endurance sports when she signed up for her first endurance event (a marathon) back in 2006 and hasn't looked back since. She has completed over 70 endurance events, including a half ironman and a running challenge at Walt Disney World, where she ran 48.6 miles over four days. You can read more about her latest endurance endeavor at www.seelizzietri.com.

She also tends to write about the crazy antics of her life with her husband and various pets, as well as sushi and cupcakes, because a little indulgence from time to time makes everything better.

Liz's message of strength is that she wants to show that endurance athletes come in all shapes and sizes and never let someone stop you from what you want to do.

Raychelle Ellsworth is one of the most highly regarded strength and conditioning coaches in the United States. In 2007 the Texas A&M volleyball strength and conditioning coach received the most prestigious honor awarded in her profession by being named Master Strength and Conditioning Coach by the Collegiate Strength and Conditioning Coaches association (CSCCa). At the time, she was one of only 60 in the country to hold the esteemed honor, and she remains one of only a few select females to have earned the distinction.

After completing her collegiate volleyball career at Texas A&M, she was promoted to Restricted Earnings coach. Her 1st full-time collegiate coaching gig was at the University of Washington in 1995-96. She returned to her alma mater in '96 and now serves as the Director of Sports Performance as well as a professor of practice in the A&M kinesiology department master's exercise physiology program.

Throughout her career she has coached football, volleyball, softball, tennis, track & field, golf, soccer, and cheer. Currently she is in charge of volleyball, softball and overseeing the intern program and the collaboration between athletics and the master's practicum program.

Throughout her 20-plus years with the A&M athletic department, Ellsworth has earned tremendous respect from the A&M coaches, as well as the student-athletes, and she was recognized for her leadership, dedication and inspiration by being voted the 1999-2000 Texas A&M Coach of the Year by the student-athletes. With the award, Ellsworth became the first non-head coach and 1st support staff member to receive the honor.



Contributing Author

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Heidi Dehnel is a former Hula dancer who originates from the Big Island of Hawaii where she received her Bachelor's Degree in Kinesiology at the University of Hawaii of Hilo. She, along with her husband Deven, own Core Strength & Performance Gym in Huntsville, Alabama where she pursues her passion as a Strength coach, Powerlifting Meet Director and National Officiate.

Understanding the impact strength training had on her own life, Heidi always hoped to grow the sport of powerlifting amongst the women in North Alabama. Over time, she developed 'Core Barbell' an offshoot of the gym, which focuses on powerlifting. which has grown to over 15 athletes, of which 85% are women.

Since launching her podcast "The Future Is Female Powerlifting" in 2018, Heidi has been able to reach more women who might be fearful towards taking the next step in strength training through powerful storytelling and intimate conversation.

Annie Gibbins, Transformation Queen, Internationally Recognised Corporate CEO, Director, Keynote Speaker, Podcast Host, Creator of the Magic Transformation Programme, Philanthropist, Wife and Mother of five including 2 sets of twins!

A lot of titles for one woman, and with her 30 years of professional accolades acknowledging her unique ability to grow and transform health and education businesses across Australasia, it is not surprising. By helping women who work with her to dream bigger and create more magic in their personal and professional life, is it any wonder Annie Gibbins is one of the top women in the corporate world when it comes to female leadership.

Her fascinating life story is shared in 'Becoming Annie: A Biography of a Curious Woman' and her second book 'Twins: A Real-Life Guide to Help You Navigate What Comes Next' invites you into the blessed, challenging and at times crazy journey that is twin parenting.

Her podcast, 'Memoirs of Successful Women' is one of the most sought after shows for women to appear on and a window into the passion she has for celebrating other women and guiding them into living a life with purpose, passion and authenticity.

Academic achievement includes Master of Education, Bachelor of Nursing, Lean Six Sigma and MAICD.