

# KYRIE BLANEY

## Background Information

Kyrie is an entrepreneur, podcaster, author, mental health advocate, and confidence guru.

Kyrie is focused on leading women to live confidently, by working through mental health struggles and trauma to create impactful, aligned and joyful lives.

She examines everything from motherhood, entrepreneurship, mental health, family relationships, and mindset.



## Topics Kyrie Can Speak On

- PTSD and Trauma
- Mindset Barriers to Success
- Ties between physical health and mental health
- Mompreneurship
- Creating an Intentional Life
- Creating Consistency
- Podcasting

Spotify and Apple Podcasts:  
The Confident Mompreneur

[www.theconfidentmompreneur.com](http://www.theconfidentmompreneur.com)

[www.theconfidentpost](http://www.theconfidentpost)

Social: @theconfidentmompreneur

*The Confident*  
**MOMPREENEUR**



Kyrie Blaney is an entrepreneur, mother, PTSD and mental health survivor and partner. From going through a traumatic pregnancy and miscarriage, building a nonprofit helping women go back to college, winning a \$50k entrepreneurship competition as a nontraditional student, to going through a brutal divorce after an abusive marriage, a sexual assault and a suicide attempt, Kyrie has seen the good, the bad and the ugly of being a mompreneur. She has had to learn and relearn how to find confidence in every area of life as she navigated its changes and her trauma. She now lives the dream, running her business, traveling with her partner, becoming the hottest, healthiest version of herself and getting to help other women build a life filled with joy.



## **Find Kyrie as a Guest on these Podcasts:**

- Ramble with Rianne
- Hold my Shovel
- Get Real, Get Loud, With Purpose
- Growing Pains
- Radio Day Break Utah