

Cara Brookins - Bio

Cara Brookins is an internationally acclaimed keynote speaker, #1 best-selling author of nine books, and renowned thought leader in the science of motivation. Her actionable strategies empower audiences worldwide to overcome odds that seem insurmountable and thrive in any situation.

Brookins is best known as the mom who built her own house with her kids using Youtube Tutorials. With her eager construction crew consisting of her four young children, Brookins laid the block, framed the walls, and even ran the plumbing and gas lines for her 3,500 square foot house. She shared her story in her #1 best-selling memoir *Rise: How a House Built a Family*.

Brookins' incredible story went viral amassing more than two billion views in over 100 countries in two weeks time. Media outlets including The New York Times, The Today Show, Ripley's Believe It or Not, NBC, CBS News, USA Today, TIME, TLC, ABC News, BBC, Fox News Insider, People Magazine, and CNN have featured Cara's compelling journey, and it's been optioned for film, television, and reality television.

With two decades of experience working as a senior software analyst and no construction experience, Brookins was the least likely person to build anything — let alone a house. The idea that ordinary people can do extraordinary things is a constant in her work, including her latest self-help book *Unstuck: End Procrastination Using The Ancient Psychology Behind How-To Videos* and is why she was inducted as a member of the prestigious Society for the Science of Motivation and the National Speaker Association.

Told through stories on her unconventional family construction site, Brookins' entertaining keynotes reveal proven strategies to overcome odds that seem insurmountable. Brookins has shared her motivation strategies with the world's most respected organizations, including Walmart, Google, Kimberly Clark, YouTube, CenturyLink, Artemis, US Law Network, Lincoln Financial Group, Capital One, and many more. She also works with the United Nations in her role as a United Nations Association Advocate to raise awareness of the United Nations Sustainable Development Goals.