

**Evoke.
Educate.
Empower.**

Gabriella van Rij

**Keynote Speaker. Author. Kindness Expert.
Founder of the Dare To Be Kind movement.**



Drawing from groundbreaking science, her immense cross-cultural experience, and her signature humor, Gabriella van Rij inspires organizations to tap into the power of kindness—the most underutilized skill in today’s world.

Whether in front of a large audience, the boardroom, or a university auditorium, Gabriella is a relentless champion of kindness and its lasting impact on our work lives, our personal growth, and our society.

An in-demand speaker, she has chosen to speak about social topics such as diversity, tolerance, workplace harassment, communication, bullying, and women’s empowerment.

Adopted by a Dutch family from an orphanage in Pakistan, Gabriella’s life story is as inspirational as it is unique. Her story and subject matter expertise has captivated millions on Dr. Phil, ABC, CBS, NBC and FOX.

MOST REQUESTED KEYNOTES

► Acceptance Is Your Business’ Biggest Untapped Advantage

Discover the immense, concrete benefits of diversity in the workplace and how to foster acceptance from the boardroom to the breakroom.

► Watch Your Delivery: Secrets to Effective Communication

Optimize your communication for success by developing the habits of top communicators.



► The Price of Harassment at Work

Explore how to create a safe and accepting environment for all employees through actions that prevent workplace harassment.

► Creating a Kindness Culture in the Workplace

Learn key components necessary for a work environment where inclusion thrives and steps toward effective communication.

► Women Are Your Organization's Competitive Edge

Identify and incorporate the special skills women bring to the team and empower women to maintain their own culture to help the company thrive.

► Losing Fear, Finding Purpose

Learn how your pain can point you toward your life's purpose and how to take ownership of one's uniqueness.

Gabriella is the acclaimed author of four books: [With All My Might](#), her mesmerizing memoir about one of the world's first cross-cultural adoptions; [I Can Find My Might](#), an inspiring yet practical resource for students, parents and educators; and [Watch Your Delivery](#), based on one of her popular corporate keynotes. In January 2020, Gabriella published [Kindness Is A Choice](#), a down-to-earth guide on how to solve workplace conflicts, relationship friction, and societal issues with this one startling conviction.

The author and speaker is also the founder behind the global [Dare To Be Kind movement](#), with the purpose of creating safer communities and healthier relationships through kindness.

She writes on social issues for the [Huffington Post](#) and the [NY Daily News](#).

"[Gabriella's seminar] helped our members remember that we all have a role to play in creating supportive work environments in concert with our colleagues – and **it begins with each individual's commitment to kindness.**"

–Christine Regan Davi, VP, sales, Product Quest and WISE professional development committee member

"GabriellavanRij captures the importance kindness plays in our lives. [She] goes beyond civility to help us each consider the actions we take on any given day that can positively impact the people around us. Her presentation connected with students, faculty, and staff. **To gauge her impact, all you have to do is watch all the people line up to talk with her. It is something special to witness.**" –Tim Wynes, President, Black Hawk College

Visit <https://www.gabriella.global>

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