Kristin Beck

Presentation to

Colorado Defense Lawyers Association

August 5, 2022



Who am I? Who are you?

Retired Navy SEAL

Human Rights Activist

Teacher

Student

Inventor

Writer

Poet

Engineer

Farmer

Father

Philosopher

Ordained Minister

Biker(Harley)

Builder

Welder

Mud-bog racer

Dog Trainer

Surfer

Parachutist

Rock Climber

Cliff Diver

Friend

Triathlete

Disabled











Building Bridges between other cultures is a way to build PEACE.

I have never been able to just be "me" ...until





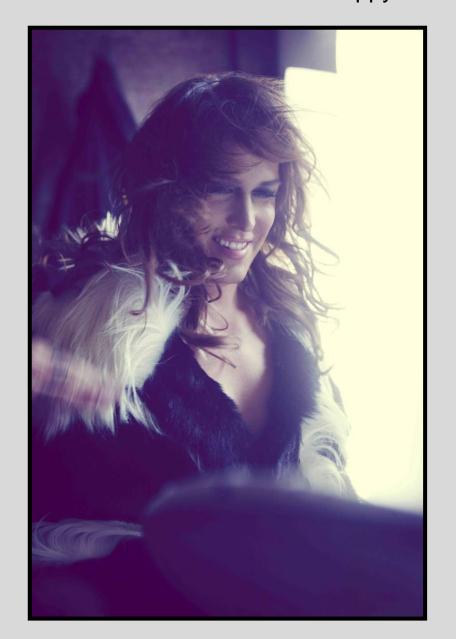
AC360 and then film Lady Valor







My current work is visibility and showing the next generation they can be themselves and be happy. WE all deserve to live our own lives.





Kristin Beck, US Navy SEAL(ret)





Worthy of Life, Liberty and Happiness...

Happiness:

Gratitude: Yourself and Others

Relationships: Friends and Family

Discipline: Schedule and boundaries

Forgiveness: Having no regrets

Mission: Something beyond yourself

Questions?

