

“If you're at the point where you want to change your life, Abby's message is a must.”

Sherri Kayser- CEO Peace Lights



Abby Rike Rockenbaugh

Speaker . Teacher. Author

Abby Rike Rockenbaugh, a loyal, hard working, lover of life, faced an unfathomable tragedy in October 2006 when her beloved husband, 5 ½ year old daughter, and 2 ½ week old son were killed in a fatal car crash. With God's grace, she chose to forge ahead in her new life.

Following the wreck, Abby graduated with a Master's of Education degree maintaining a 4.0 grade point average. Deciding there was more living to do in this life, in May of 2009, God led Abby on a very public journey of healing and wellness.

Abby began her journey on NBC's hit reality series "The Biggest Loser." In the years following, Abby has had the privilege of sharing the many lessons she learned along the way with hundreds of corporations, hospitals, churches, grief groups, universities, and schools.

Abby feels blessed to have had the opportunity to realize God's grace full circle and feels compelled to share with others what she experienced firsthand. The Biggest Loser served as the catalyst to jumpstart her back in to living, and Abby feels like the best has just begun. She continues her healthy lifestyle and vigor for life and is a living example that **even in your darkest hour, there is always hope!**



KEYNOTE PRESENTATIONS

Working It Out: How Health and Wellness Promotes Mind, Body, and Soul Healing |Businesses|

This 45 to 60 minute multimedia presentation focuses on whole health. Participants are challenged to look at their lives through a different "lens" to change their perspective on health. Participants are presented with actionable steps to take home to be equipped and empowered to live a healthier life.

Working It Out: Finding hope in your darkest hour |Churches|

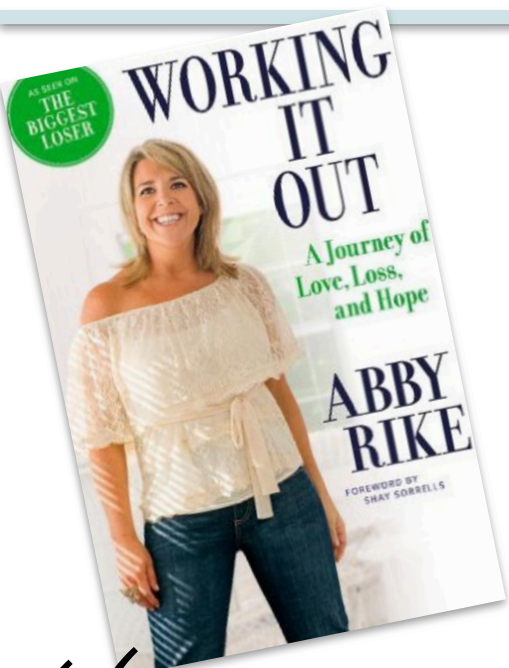
This 30 to 60 minute multimedia presentation focuses on how faith allows us to get through even the hardest times. Participants see first hand how God's grace has allowed Abby to move forward despite hideous circumstances. Audience members leave with a sense of hope that they too can know the healing found in a relationship with Jesus Christ.

Working It Out: Creating an environment for teacher and student success |Schools|

This 45 to 60 minute multimedia presentation is geared for Educators including: administrators, teachers, and support staff. Audience members are challenged to see the world from a new perspective. With current demands on educators, sometimes students get lost in the shuffle. The goal of this presentation is for participants to be empowered to make the ripple effect of their lives great.

Working It Out: Do you want to be healed? |Grief Groups|

This 45 to 60 minute multimedia presentation provides the biblical basis for grieving. Participants are tasked with asking themselves the hard questions so they can move forward in the grieving process.



I have been in Education for 42 years and I have never heard a better inspirational speaker than Abby. She is a difference maker!

Dr. James Monaco-
Retired Superintendent of Schools





I really appreciated Abby's heart felt connection with the audience She was exactly who she described herself to be and never have **I ever been so touched and invigorated by such a powerful message.** I have had six HW speaker events and none of them were anywhere near as good as this one.

Eileen McVary Inness, Director, Galesburg Cottage Hospital

Just returned from hearing you speak at my church in Whittier. Thank God you got out of that car - **you have met your calling.....**you are such an inspirational and gifted speaker!

Lisa Martinez, Whittier Baptist Church

Abby I was in the back of the crowd tonight, but I HEARD YOU, and **I needed your message.** God Bless you.

Debra Tyler, Audience Participant



Partial Client List



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AUDIO VISUAL NEEDS

Wireless Lavalier Microphone or Countryman (Preference)

PC Projection Unit and Large Screen

- Large screen (if available)
- LCD projector
- Abby uses a Mac and will provide her laptop, long range remote, and adapter

A/V Technician Needed

- Available prior to event for review of sequencing and mic check (usually takes less than 15 minutes)

OTHER NEEDS:

- No podium needed
- Someone available to take pictures with cameras and phones for those who want a picture with Abby; and to help move autograph lines along during book signings, etc.

Many ask what other needs Abby has, and when possible, in her hotel room it is always nice to have water available, Luna bars (any flavor), and her favorite – Sugar-free Red Bull! Since she doesn't usually eat just before an event, it's just the boost she needs! Fruit and 100 calorie almond snacks are nice – PLEASE don't go to a lot of trouble!! She won't eat a lot and usually can't take much with her on the plane! If you have any questions, please call us at 214.403.5399.



INTRODUCTION

We are delighted to have Abby Rike as our guest speaker today. Many of you know her from Season 8 of the NBC hit reality series, “The Biggest Loser.”

The image you may recall is Abby telling her fellow contestants of the tragedy she faced in 2006.

The healing and wellness she found on that public journey, has provided the opportunity for her to honor her family and her faith.

Today she will share the rest of the story and lessons she learned along the way. The biggest lesson being, “There is hope, even in your darkest hour.”

Please join me in welcoming Abby Rike.



BIO

Abby Rike, a loyal, hard working, lover of life, faced an unfathomable tragedy in October 2006. With God's grace, she chose to forge ahead in her new life.

Prior to the wreck, Abby worked as a high school theater and debate teacher for 13 years inspiring students to achieve their personal best. She and husband, Rick, lead their school to an overall state speech championship as well as numerous state speech qualifiers and two state champions. A favorite among teachers and students, Abby was voted Teacher of the Year in 2003.

Following the wreck, Abby graduated with a Master's of Education degree maintaining a 4.0 grade point average. Deciding there was more living to do in this life, in May of 2009, Abby embarked on very public journey of healing and wellness when she went on the NBC's hit reality series "The Biggest Loser."

In the years following, Abby has had the privilege of sharing the many lessons she learned along the way with hundreds of corporations, hospitals, churches, grief groups, universities, and schools.

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The Biggest Loser served as the catalyst to jumpstart her back in to living. She continues her healthy lifestyle and vigor for life and is a living example that even in your darkest hour, there is always hope.

Abby appeared on the Ellen Show, Jay Leno, The Today Show, Kathie Lee and Hoda, Better TV, The 700 Club, Praise the Lord, and countless others. She also has sported the cover of Life & Style Magazine, Woman's Day, and was featured in People magazine.