



# Kanya Sesser

## Inspirational Speaker

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## About me

Kanya Sesser is a remarkable American para-athlete, model, actress, and motivational speaker who has defied societal expectations and redefined beauty standards. Born in Pak Chong, Thailand, in September 1992 without legs, she was abandoned as an infant at a Buddhist temple. At the age of five, she was adopted by an American family and raised in Portland, Oregon.

## Ideal Audience

Leadership

Diversity

Women Groups

Conferences

Colleges

Community

Non-Profit Organizations

Religious

## Keynote Topic

"No Legs, No Limits: Redefining Possibility and Embracing Resilience"

Kanya Sesser's keynote is a powerful and transformative journey through her life, inspiring audiences to redefine their own limits and embrace the challenges that shape them.

Born without legs and abandoned at birth, Kanya faced adversity head-on, transforming obstacles into opportunities for growth and empowerment. Through vivid storytelling, humor, and heartfelt authenticity, Kanya shares her journey as a world-class para-athlete, model, actress, and advocate for inclusivity.

## Key Takeaways

- **Redefine Limitations:** Understand that limits are often self-imposed and can be challenged or overcome with the right mindset.
- **Build Resilience:** Discover the importance of persistence, grit, and adaptability in achieving goals.
- **Embrace Uniqueness:** Recognize the value of embracing individuality and leveraging personal strengths to stand out and succeed.
- **Foster a "No Limits" Mindset:** Cultivate a mindset that prioritizes possibility over doubt, unlocking potential for innovation and success.