



Mallory Weggemann

AUTHOR · SPORTS PERSONALITY · TEDX SPEAKER

Championing Limitless Possibilities Through Sport and Storytelling



VISIT MALLORY'S WEBSITE

About:

- **Gender:** Female
- **Nationality:** United States
- **Languages:** English
- **Travels from:** United States

Engagement Types:

- Speaking

Topics:

- DEI (Diversity, Equity & Inclusion)
- Gender Equality
- Health & Wellbeing
- Leadership & Management
- Mindfulness & Resilience
- Motivation and Inspiration
- Peak Performance
- Personal Development
- Team Leadership

Biography Highlights

- Four-time Paralympian, most recently medaled at Paris 2024 Games: gold and silver in swimming.
- Seven-time Paralympic medalist, including 4 gold, 2 silver, and 1 bronze.
- Renowned American and world record holder in Para Swimming.
- ESPY Award winner; Emmy Award-winning host for NBC Sports' Paris Olympics coverage.
- NBC Sports reporter and correspondent for 2018 and 2022 Winter Paralympics, host debut in 2024 for Paris Olympics on CNBC and E!
- Author of "Limitless," her celebrated memoir exploring hope, resilience, and empowerment.

Biography

Mallory Weggemann is a four-time Paralympian for Team USA who recently competed at the Paris 2024 Paralympic Games, winning a gold and silver medal in swimming. A multiple-time American and World record holder, ESPN ESPY Award recipient, and a seven-time Paralympic medalist (including 4 gold, 2 silver, and 1 bronze), Mallory has leveraged her professional swimming platform to be a passionate advocate for the disability community. Besides her athletic achievements, Mallory has

Websites:

- [Website](#)

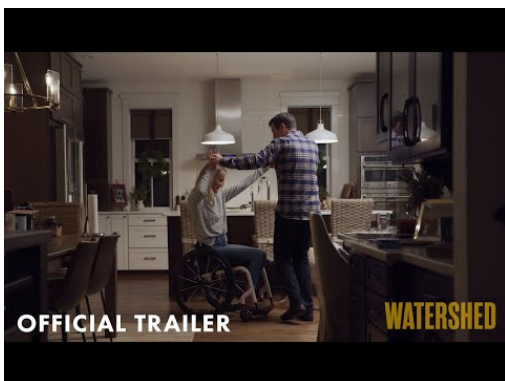
worked for NBC Sports during the 2018 and 2022 Winter Paralympic Games as a reporter and in-studio correspondent.

In 2024, she made her hosting debut for NBC at the Paris Olympics on CNBC and E!, and she earned an Emmy Award as the host of NBC Sports' coverage of the 2024 Paris Olympic Games. Additionally, Mallory and her husband, Jay Snyder, co-directed and released 'WATERSHED' on Peacock this summer, a deeply personal film that shares their journey leading up to the postponed Tokyo Paralympics, including their struggles with infertility and the importance of IVF in their quest to start a family.

In 2021 Mallory released her memoir, LIMITLESS, where she shared her journey of hope and resilience to overcome adversity, empowering readers to honor their journey and lean into their still unwritten futures. Following her paralysis at the age of 18, Mallory has found not only her passion, but purpose in the power that storytelling and sport hold to transcend and serve as a catalyst for change in our society.

Her passion is rooted in utilizing those platforms to work with her clients across all sectors and serve as advocate for authentic representation for the disability community from the workforce, to media and entertainment and in sport.

Videos





Mallory's Topics

Small Steps, Big Impact: A “Small Victories” Approach to Leadership

According to Mallory Weggemann, one of the keys to leadership is to tackle a seemingly insurmountable challenge by achieving small victories along the way. While fighting her way to the Rio Paralympic Games in 2016 after suffering a debilitating arm injury, Weggemann discovered one of the greatest qualities leaders possess is the ability to adapt—particularly in the face of overwhelming obstacles. She then continued to apply her philosophy to her training following Rio, with an epic comeback including 3 medals at the 2020 Tokyo Paralympic Games.

Outside of sports, she applies this resilience to every facet of life, from her training to her decision to learn how to walk down the aisle at her wedding. Through reflection and raw honesty, Weggemann teaches audiences how to celebrate small victories and to use setbacks as tools to develop teams.

Available: In person, Virtually

Personal Stories: Finding the “Why?”

Mallory Weggemann describes the day she became paralyzed back in January 2008 and her initial struggles to cope with the fact that her life had changed in the blink of an eye. After months of self-reflection, Weggemann began to find answers to her number one question—why? Committed to the belief that everything happens for a reason, she shares her emotional journey, including the debilitating injury that affected her 2016 Paralympics and set her on the path toward a 2020 comeback in which she won 2 gold medals and one silver. In this powerful discussion, Weggemann sends audiences on a journey of their own self-reflection as she challenges everyone to realize their own paths as she insists that no odds are too large to overcome.

Available: In person, Virtually

Grit, Resilience and Triumph Over Any Obstacle

“You’re the best. You can make a difference and change the world.” The phrase, spoken to Mallory Weggemann by her father each day growing up, is among her core beliefs. Weggemann emphasizes that no

matter your disability, everyone is able to overcome and ultimately make a difference in the world. With her unique ability to make audience members feel as if they are involved in a personal conversation, Weggemann teaches how to locate the grit and resilience necessary to keep moving in the face of setbacks.

Available: In person, Virtually

Testimonials

“

The group absolutely loved her! As did the staff. She was a wonderful and inspirational speaker and so graceful! She was definitely a highlight of the trip and we hope to have her back to speak again.

Financial Services

“

Goosebumps, chills, tears and smiles – experienced them all.

Manufacturing

“

Mallory was AMAZING!!! You could hear a pin drop in the room with an audience of 450+.

Universities & Colleges

“

That was truly an awe inspiring message!! Thank you for the gift of your story!

Manufacturing

“

Mallory Weggemann was fantastic! What poise and grace! Her story is powerful, and she is so well spoken.

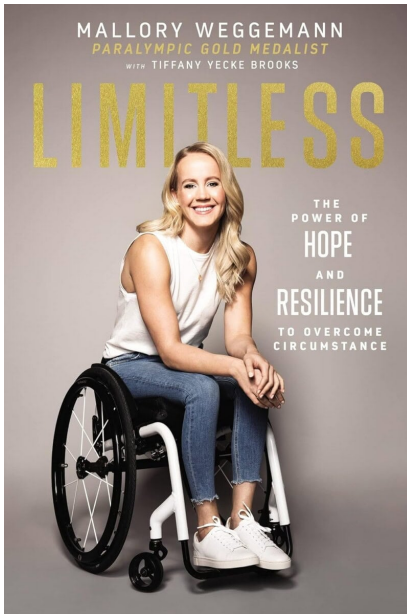
Insurance

“

This has really awakened feelings within in me that I have not faced for so long, so thank you for words of inspiration.

Manufacturing

Books



Limitless: The Power of Hope and Resilience to Overcome Circumstance

Meet Mallory Weggemann: a Paralympic gold-medalist, world champion swimmer, ESPY winner, and NBC Sports commentator whose extraordinary story will give you the encouragement you need to rise up to meet any challenge you face in life. On January 21, 2008, a routine medical procedure left Mallory paralyzed from her waist down. Less than two years later, Mallory had broken eight world records, and by the 2012 Paralympic Games, she held fifteen world records and thirty-four American records. Two years after that, a devastating fall severely damaged her left arm. But despite all of the hardships that Mallory faced, she was sure about one thing: she refused to give up. After two reconstructive surgeries and extended rehab, she won two gold medals and a silver medal at the 2019 World Para Swimming Championships. And even better, she found confidence, independence, and persevering love. She even walked down the aisle on her wedding day against all odds. Mallory's extraordinary resilience and uncompromising commitment to excellence are rooted in her resolve, her faith, and her sheer grit. In *Limitless*, Mallory shares the lessons she learned by pushing past every obstacle and expectation that stood in her way, teaching you how to: - redefine your limits - remember that healing is not chronological - be willing to fail - lean on your community - embrace your comeback - write your own ending Mallory's story reminds us that we can handle whatever challenges, labels, or difficulties we face in life, and we can do it on our own terms. Because when we refuse to accept every boundary that hems us in-physical, emotional, or societal-we become limitless.

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