



## MJ Acosta-Ruiz

MEDIA PERSONALITY · SPORTS PERSONALITY

Emmy Award-Winning Sportscaster



### About:

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

### Engagement Types:

- Moderating and Emcee
- Speaking

### Topics:

- DEI (Diversity, Equity & Inclusion)
- Motivation and Inspiration
- Personal Development
- Social Impact

### Biography Highlights

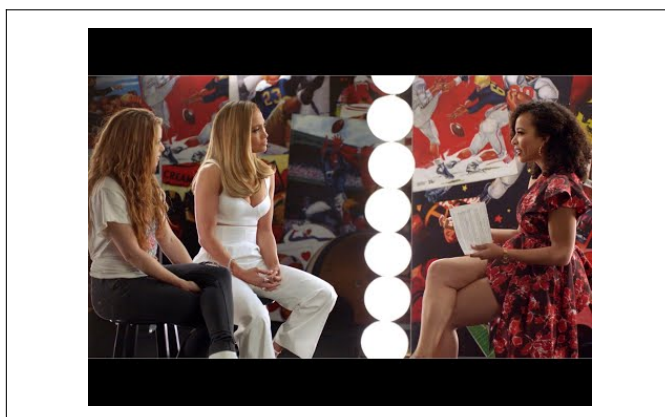
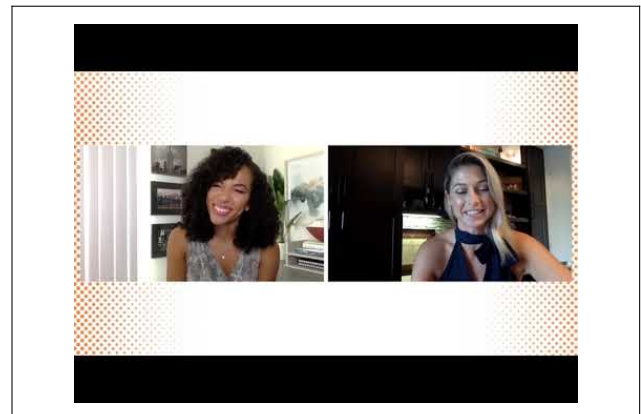
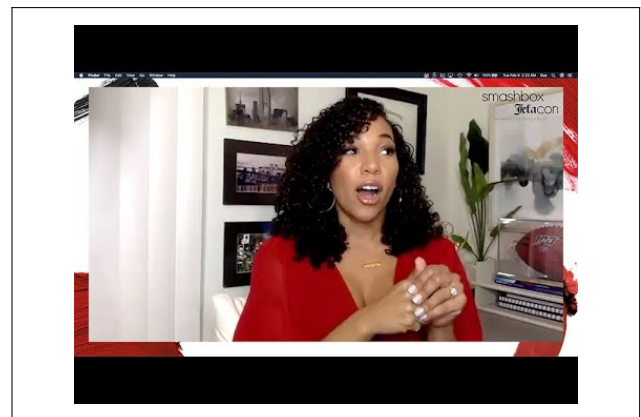
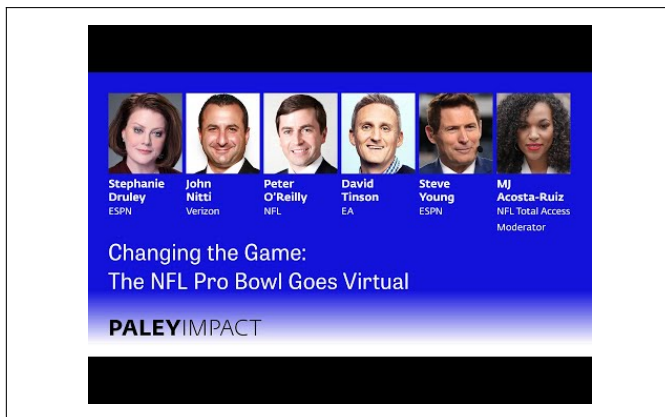
- Anchor, ESPN SportsCenter
- Reporter, ESPN Deportes Monday Night Football
- Advocate for Women's Empowerment, Representation, Equality, and Marginalized Communities

### Biography

Emmy Award-winning journalist and trailblazing sportscaster MJ Acosta-Ruiz is an acclaimed sportscaster and anchor on SportsCenter, ESPN's flagship show. Fully bilingual in English and Spanish, she is also the Monday Night Football sideline reporter for ESPN Deportes. She has covered sports, entertainment, and breaking news for over a decade following her tenure as a Miami Dolphins cheerleader. Acosta-Ruiz joined NFL Network in 2018 from NBC and Telemundo in San Diego where she covered the Chargers, Padres and international soccer for three seasons in both English & Spanish language broadcasts as the lead sports anchor. Prior to joining NBC and Telemundo, Acosta-Ruiz spent three years as a reporter for WPLG, the ABC affiliate in Miami and Fort Lauderdale, covering sports, entertainment and breaking news. In her reporting, moderating, and as a keynote speaker, Acosta-Ruiz shares her insights on overcoming obstacles, embracing your authentic self as part of the path to success, and amplifying the voices of marginalized communities to create a more just world.

In addition to her work as an award-winning journalist, Acosta-Ruiz works as an advocate for women's empowerment and representation and equity for marginalized communities. She works closely with women's empowerment groups such as A Seat at the Table and is on the Board of Health in the Hood, a non-profit helping to close the gap of food inequity/insecurity in South Florida. Acosta-Ruiz is a sought-after speaker, sharing her inspirational journey and takeaways about strategizing for success, embracing what makes you different, and breaking barriers in her empowering talks.

## Videos



---

## MJ's Topics

### Break Barriers and Blaze Trails

Drawing on her experience of being the first ever Afro-Latina and woman of color to host a major NFL show and working in a male-dominated field, MJ Acosta-Ruiz knows what it takes to overcome obstacles and rise to the top. Her success did not come easily and took a decade to make, refine and shine. Before her entrance onto the national scene, Acosta-Ruiz strategized her steps as if they were a military plan and then defeated rejection, insecurity, loneliness and even gender bias to reach her goal. Her inspirational story is one of hard work, endless preparation, and embracing what makes her different.

**Available:** In person, Virtually

### Embracing Your Authentic, Professional, Beautiful Self

As an Afro-Latina with a career in media, MJ Acosta-Ruiz opens up about her journey from being told how to look and present herself to the audience, to being an unapologetic curly hair advocate. For some it may seem trivial: "It's just hair. Who cares?" But for MJ it was about owning and loving what made her special and presenting her true and authentic self to the world. When she started her television career over 10 years ago, there was no scenario where she would be allowed to wear her curly, textured hair as it grew out of her head — none. A chemical hair relaxer was like a rite of passage for most of the women in her family, who were taught for generations to hide their pelo malo, or bad hair. It took MJ over 30 years, a lot of internal work, and self-love to get to a place where she felt confident in her own skin and in her own beautiful curly crown. In this talk, Acosta-Ruiz encourages and inspires everyone to present their true selves at work, and move past traditional beauty standards of professionalism.

**Available:** In person, Virtually

### MJ Acosta-Ruiz is a Gifted Moderator for Your Next Event

Emmy Award-winning journalist and trailblazing sportscaster MJ Acosta-Ruiz is a gifted moderator, asking thoughtful questions and cultivating powerful conversations on today's biggest issues. With more than a decade of experience in journalism and entertainment, Acosta-Ruiz is the perfect choice to make your next event or panel a memorable one.

**Available:** In person, Virtually

### Commencement & Fundraisers

Emmy Award-winning journalist and trailblazing sportscaster MJ Acosta-Ruiz shares touching remarks for large audiences. Comfortable presenting to groups of any size, Acosta-Ruiz delivers unforgettable moments that will inspire audiences for a lifetime.

## Testimonials

“

Yesterday was anything short of amazing. MJ did an amazing job. People resonated with her message and still buzzing about it on our social media platforms.

*Cincinnati Regional Chamber*

## Speaker Bureaus And Talent Agencies

MJ Acosta-Ruiz is available to book via these agencies

✔ **Recommended**



Speaking Agency