



# Tracy Todd



**Biography** Tracy Todd lives life – paralysed from the neck down – out loud. Although she makes use of a wheelchair to get around, it is certainly not what defines her as a woman, wife, mother, author, speaker, disability rights activist and social media and animal lover.

Tracy loved sport and outdoor activities until her life changed irrevocably when a tragic accident left her a quadriplegic. As an inspirational speaker, her courageous spirit shines through as she bares her soul, sharing her life story openly and honestly, touching the heart of every person in the audience, enabling them to look at life with renewed appreciation.

She shares her story and experiences and takes her audience through a range of emotions from tears to wonder to laughter, leaving you feeling changed and inspired. She shares many coping skills and life lessons from triumph over adversity, adapting to change, coping with loss and trauma, picking up the pieces of a broken body and life and rebuilding it brick by brick to become a successful author and sought after inspirational speaker. Her direct and humorous presentation style, offering simple thought-provoking principles and real-life examples, keeps the audience on the edge of their seats.

Tracy's presentation is tailored for each audience, whether it be professionals or children. Her short audiovisual will ensure that the message stays with you forever. In Tracy's words – "If I can, you can". Her motto is: "Why walk when you can soar"?

**Location** Mbombela

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