



ANTOINETTE BERRAFATO, MBA

FORMERLY ANTOINETTE LEE

ABOUT ANTOINETTE

After traumatic brain injury, spine injury + PTSD left her using a walker, service dog, and full-time caregiver, Antoinette rebuilt an extraordinary life.

Today she stewards her family's forest/river homestead while teaching others to become their own patient advocate and step boldly into health, purpose, and adventure..



CREDENTIALS

- 11-year U.S. Army veteran (medical training)
- Health & wellness columnist (international mags)
- Founder, American Adventure Sports Club (nonprofit)
- Creator: "New Normal Big Life" podcast/blog/talk
- Resilience life coach + motivational speaker
- Northwoods homesteader + outdoor influencer

Hook: NEW NORMAL, BIG LIFE

From walker + service dog to whitewater + wild places—11-year U.S. Army veteran Antoinette Berrafato shows people how to define their "new normal" and build a big, resilient life after trauma, loss, or major change.

PERFECT FOR

Podcasts • Panels • Summits • Keynotes • Workshops

AUDIENCE

Veterans • First responders • Individuals with disabilities • Outdoor enthusiasts • Wellness families • Preparedness communities

10K

FOLLOWERS

1.5M+

HEALTH & WELLNESS READERS - CULTURSMAG.COM

254K

SOCIAL REACH

PodMatch
Antoinette Berrafato
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75%

ENGAGEMENT



AND OVER 200 NEWS SITES

SIGNATURE TOPICS • New Normal Big Life: Thriving after trauma/loss/change • Be your own patient advocate (medical training insights) • Outdoor recreation as medicine + nervous system reset • Resilience for war/economic stress/disasters/civil unrest • Family/faith/community as wellness anchors