



ANTOINETTE BERRAFATO, MBA

ABOUT ANTOINETTE

After traumatic brain injury, spine damage, and severe PTSD left her relying on a walker, service dog, and full-time caregiver, Antoinette Berrafato chose to rebuild an extraordinary life.

As the New Normal Big Life Podcast host who used nature therapy — archery and kayaking to recover from physical limitations, Antoinette discovered that passion, purpose, and people are the real recipe for mental health. Today, she is a sponsored adventure sports athlete, Northwoods homesteader, and guide for anyone navigating trauma, chronic illness, or major life change, proving that dramatic transformation is possible, no matter what "new normal" you've been handed.

CREDENTIALS

- U.S. Army Medic — 11 years, air assault qualified
- Author, forthcoming memoir Four Hours to Live
- Health & wellness columnist, Culturs Magazine — 1.5M readers, 200+ countries
- Founder, American Adventure Sports Club (nonprofit)
- Host, New Normal Big Life Podcast — 10,000+ listeners, Spotify, Apple Podcasts & 10+ platforms
- Wellness Warrior & motivational speaker
- Northwoods homesteader & outdoor industry influencer

AVAILABILITY & STYLE

- Video and audio interviews
- In-person and virtual keynotes
- Soundbite-ready storytelling
- High-energy, story-driven delivery
- Expert commentary on functional medicine, veteran wellness, and outdoor therapy
- Authentic brand partnerships in health, wellness, and adventure sports

Hook: NEW NORMAL, BIG LIFE

From walker and service dog to whitewater and wild places — U.S. Army Medic and Wellness Warrior Antoinette Berrafato shows people how to define their "new normal" and build a bold, resilient life after trauma, loss, or major change. She doesn't just tell the story of transformation. She is the proof.

PERFECT FOR

Podcasts · Panels · Summits · Keynotes · Workshops · Corporate Wellness Events

AUDIENCE

Veterans · First responders · Individuals with chronic illness or disability · Outdoor enthusiasts · Wellness families · Preparedness communities · Functional medicine and integrative health audiences

Note: New Normal Big Life reaches a majority-male audience — its content bridges both genders without exclusion.

10K

FOLLOWERS

1.5M+

HEALTH & WELLNESS READERS - CULTURSMAG.COM

284K

SOCIAL REACH

75%

ENGAGEMENT



PodMatch

New Normal Big Life | Wellness, L...

Become a guest on my podcast

4.97 (37 Reviews)

Topics:

- Brain injury recovery — reclaiming energy after illness, injury, or major life change
- Nervous system regulation and somatic healing through nature therapy
- Veteran wellness and the Passion-Purpose-People framework for mental health
- The Misandry Trap: why millions of people are unknowingly sabotaging love

Additional topics available — including disaster preparedness, outdoor therapy, functional medicine, and raising outdoorsy kids. Reach out to discuss the best fit for your audience.