



"Todd elevates the
vibe of every room
he walks into by
sharing himself
unfiltered and
real."

ATTORNEY · AUTHOR · SPEAKER

TODD KINNEY

*"You don't have to hit bottom to wonder
if there's a better way to live."*

SPEAKER PACKET

Alcohol-Free
SINCE 2019

Author
I DIDN'T BELIEVE IT EITHER

Omaha, NE
ATTORNEY & SPEAKER

“

"Todd's talk was one of the most memorable and meaningful programs we've hosted."

Abbey Moland,
Partner, McGrath North
Law Firm

“

"Compelling, candid storytelling that left a lasting impression on our audience."

Betsy Roesler
Project Director, Partners
for Prevention Coalition

“

Todd's story about stopping drinking was very impactful. It was about **priorities**, self-awareness, and **focusing more on what truly matters** in life. His honesty and humility as a speaker left a strong and lasting impression on everyone at the seminar.

Marcia A. Washkuhn
Partner at Kutak Rock





Todd Kinney

ATTORNEY · AUTHOR · KEYNOTE SPEAKER

"He sounds like everyone who's been quietly asking themselves the same question — and that's exactly why he works."

MEET TODD

The Guy Who Asked a Hard Question

Todd Kinney is an Omaha attorney, author, and speaker who swapped the "life-of-the-party" identity for an alcohol-free life — and found it was the best decision he ever made.

By every outside measure, Todd had it handled — the successful practice, the marriage, the four kids, the packed social calendar. Underneath, his relationship with alcohol had become a quiet, exhausting tug-of-war. For six years he tried every moderation trick he could find. None of them stuck.

In the fall of 2019, a quiet conversation with his wife became the final nudge. He put the drink down, bracing for a smaller, duller life. Instead, sobriety became the plot twist. He wrote about all of it in ***I Didn't Believe It Either*** — blending real talk, humor, and hard-won perspective on family, identity, and growth.

He shares that journey from the stage not as a man preaching from a podium, but as a regular, funny, relatable guy who asked himself a hard question **and liked where the answer led.**

- **Author** — *I Didn't Believe It Either*
- **Six years alcohol-free** — since fall 2019
- **Practicing attorney** — Omaha, Nebraska
- **Featured on podcasts & events** — nationwide

WHY THIS CONVERSATION

A Timely Message for Any Audience

The U.S. Surgeon General has issued an advisory on alcohol and cancer risk. "Sober curious" has gone mainstream. No- and low-alcohol options are among the fastest-growing beverage categories. **More people than ever are quietly asking whether the drink in their hand is worth it** — and most don't see themselves in a traditional "rock bottom" story. That's the gap Todd fills. He speaks to the gray-area majority: high-functioning professionals, parents, and party hosts who look fine on the outside but privately wonder if life might be better with less.

SIGNATURE TALKS

Three Ways Todd Shows Up for Your Audience

01 *I Didn't Believe It Either: The Surprising Upside of Rethinking the Drink in Your Hand*

Todd's signature keynote — part memoir, part permission slip. He dismantles the myth that an alcohol-free life is a lesser one, and gives audiences a fresh, judgment-free way to think about their relationship with alcohol.

Audiences leave with:

- A judgment-free way to think about alcohol.
- Permission to ask honest questions without shame.
- A vision of getting your clarity and time back.

02 *The High-Functioning Secret: Gray-Area Drinking in High-Pressure Professions*

Built for lawyers, executives, and high performers. Todd names the gray area between "fine" and "problem" and reframes it as a performance and wellbeing issue — not a character flaw.

Core Message:

- Reframing the issue as performance & wellbeing, not character.
- Naming the gap between "fine" and "problem."
- Why ambition and alcohol so often travel together.

03 *Am I Even a Real Guy Anymore? Men, Identity, and Alcohol Culture*

A candid and often funny look at masculinity and drinking — for men who feel that stepping away from alcohol means losing part of their identity. Todd unpacks the cultural scripts and shows what genuine connection looks like instead.

Key Takeaways:

- Unpacking cultural scripts around men and booze.
 - The loneliness that hides behind "I'm fine."
 - Proving that connection, not willpower, is the engine of change.
-

I Didn't Believe It Either

Available now wherever books are sold · Bulk & signed copies for events



AVAILABLE NOW

Amazon · Barnes & Noble
toddkinney.com
& local bookstores

WHAT THE BOOK IS ABOUT

The Memoir Behind the Message

I Didn't Believe It Either is the memoir Todd wishes he'd had when he was six years into quietly trying to moderate his drinking. Part confession, part road map, entirely real — it's written for the gray-area drinker who looks fine on the outside and privately wonders if life might be better with less.

Todd writes about the deal-making, the bargaining with himself, the mornings where everything worked out and the ones that didn't. He writes about telling his wife, about the silence that came after, and about the unexpected fullness that followed putting the drink down for good.

WHAT READERS TAKE FROM IT

- ✓ A non-preachy, often funny look at gray-area drinking
- ✓ The reassurance that curiosity is enough — no rock bottom required
- ✓ Real perspective on identity, masculinity, and what changes when you change
- ✓ A story that sounds like the reader's own — because it might be

📦 Bulk & Signed Copies for Your Event

Todd is available to sign copies for attendees and can arrange bulk purchase discounts for conferences, law firms, and wellness programs. Contact us at todd@toddkinney.com to discuss event orders.

"We don't usually bring speakers back, but Todd was the exception. His story is real, his humor is disarming, and the audience stayed with him the entire time."

— Susie Streelman · Founder, Zeroproof Experiences

WHO HE SPEAKS TO

Audiences & Formats

- Law Firms & Bar Associations (Wellbeing programs)
- Corporate Wellness (Employee events)
- Men's Groups & Health Initiatives
- Public Health & Community Coalitions
- Sober-Curious & Recovery Communities

FORMATS

- Keynote (30–60 min)
- Fireside Chat or Moderated Q&A
- Interactive Workshop / Breakout
- Author Talk & Book-Club Discussion
- Podcast or Panel Guest

WHAT PEOPLE ARE SAYING

More Praise

"Todd offers a fresh, judgment-free perspective on alcohol that resonates with professionals and leaders alike."

Jerry Berry · Owner, Berry Law Firm

"Todd's honest storytelling inspired self-reflection and sparked meaningful conversations about alcohol and wellbeing."

Leneé P. Petri · HR Director, Baird Holm LLP

"I appreciated Todd's vulnerability very much. We don't see enough of that these days. So thought provoking."

Associate, Kutak Rock LLP

"Easy to work with, deeply personal on stage, and completely tailored to our group."

Event Planner, Midwest Corporate Wellness Conference