



# BIOGRAPHY

## Regan Birr – Speaker, Entrepreneur & Catalyst for Purpose-Driven Success

Regan is an award-winning entrepreneur and nonprofit founder who inspires audiences to lead with resilience, creativity, and purpose. Known for dynamic energy and real-world insight, she helps individuals and organizations turn challenges into momentum and impact.

A powerful voice for strategy, actionable tools, and human connection, Regan draws from her personal journey: diagnosed with systemic lupus at a young age, she spent 2.5 years on chemotherapy fighting for her life. Rather than retreat, she rose—co-founding the **Lupus Research Foundation**, which is driving breakthroughs in lupus treatment through cutting-edge research. Regan holds a mechanical engineering degree from the University of Saskatchewan. When she was faced with her diagnosis, she pivoted and became a patent agent. After 11 years, Regan assumed the role of inventor herself when she designed a low-torque fitness program for people with challenges. She hosts “Regan MOVES” on TV and online.

Regan has presented for Fortune 500 companies, healthcare systems, universities, advocacy groups, and chambers of commerce across the U.S. and Canada. Her ideas have been embraced by leaders who want more than motivation—they want results.

### Popular Topics

- Leading with Vision and Grit
- Resilience and Reinvention in Business
- Turning Adversity Into Purpose
- Healing, Connection & the Science of Resilience
- Women in Leadership & Advocacy

### Career Highlights

- **National Anthem Soloist** – 200+ professional sports events (including NHL & Olympic Curling Trials)
- **Award Winner** – *Inspire Her Awards* 2024

- **National-Level Competitor in the Olympic ice sport of curling**

Whether in a boardroom or on a big stage, Regan equips audiences to lead boldly, connect deeply, and create lasting impact.



**For booking information please contact Regan:**  
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