

About Ben Smith

Writer | Speaker & Facilitator | Mentor

As a black child born in 1971, Ben was adopted in Seattle and raised by white parents in a tough neighbourhood in East Vancouver. He experienced relentless violence, bullying and racial discrimination. As a way to overcome fear and self-loathing, Ben became a competitive boxer, wrestler, and bodybuilder.

These positive outlets allowed Ben to channel his hurt, anger, and frustration, eventually owning a gym, helping others as a successful personal trainer and mentoring youth as a community care worker.

Ben's many years working as a night club bouncer gave him unique insight into the universal quest for self acceptance, love and happiness.

Acting in various national and international commercials as well as several plays and independent movies provided Ben the creative means to express many of his life experiences.

Since the early 2000's, Ben's creative passion has been focused on honing the craft of writing.

A double-decade process of reflection, healing and growth has given him a unique and refreshing voice.

Killing Goliath is a creative expression that includes a book, a series under development, and speaking engagements aimed to guide people to the joy and self-acceptance that Ben now experiences every day.

"Expressing the lessons I have learned through the culmination of the many struggles I have overcome is my life's purpose."

Bens greatest gift is his universal appeal.

Younger men are drawn to his exciting past. Older men find his calm self assurance enlightening. Women find his sensitivity and compassion refreshing.

thegoliathfoundation.com

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