



# Ben Higgins

## PRESS KIT

*Speaker, Author, Podcast Host*

**President and Co-Founder at  
Generous International LLC**

[thebenhiggins.com](http://thebenhiggins.com)



# About Ben

## BIOGRAPHY

Ben Higgins is best known for starring on season 20 of ABC's hit series, *The Bachelor*. The show led to enhanced popularity that he now uses to share what he is most passionate about with others — his faith, his hope for humanity, and his mission to help organizations connect more deeply with their employees and customers.

In 2017 Ben co-founded Generous International, a for-purpose company dedicated to contributing profits to social issues around the world. Most recently, Ben began hosting the podcast, *Hope Still Wins*, where guests share personal stories that have shaped their current view on hope — challenging and helping us all to become a better world, together.

Ben stays connected with his loyal Bachelor following with his popular podcast, *Almost Famous*, which he co-hosts with his friend and former Bachelor contestant, Ashley Iaconetti. He is also the author of the book, *Alone in Plain Sight: Searching for Connection When You're Seen but Not Known*. Ben currently resides in Denver, CO with his wife and best friend, Jess. Whether it is as a keynote speaker, host, or interviewer, Ben aims to bring light, energy, and an intentional message of connection and hope to his audience.



# About Ben

## EXTENDED BIOGRAPHY

Ben Higgins, a veteran of ABC's hit series *The Bachelor* and *The Bachelorette*, won over the hearts of loyal viewers with his refreshing vulnerability and willingness to share himself fully. Following his appearances across franchises, Higgins has embarked on numerous ventures, entrepreneurial and otherwise, grounded in faith, a sense of hope for humanity, and a mission to help organizations connect more deeply with their employees and customers.

Higgins co-founded Generous International in 2017, a for-purpose company dedicated to raising money to create jobs, feed children, improve education, and empower communities to eliminate poverty around the world. He additionally founded the podcast, *Hope Still Wins*, where he sits down with influential thought-leaders to discuss topics ranging from faith and music, to mental health and racial injustice. Each guest shares personal stories that have shaped their current view on hope, and are meant to serve, inspire, and connect us — challenging and helping us all to become a better world, together.

Outside of his socially conscious work, he maintains a relationship with his loyal *Bachelor* fanbase through the iHeartMedia podcast *Almost Famous*, which he hosts alongside fellow former contestant Ashley Iaconetti. To date, they've accumulated over 80 million downloads.

In 2021, Higgins became an author with his first book *Alone In Plain Sight*, which focuses on reconnecting with yourself, others, romance, and God.

Ben currently resides in Denver, CO, with his wife and best friend, Jess. Whether it's showing up well in his marriage, making business decisions, doing a keynote speech, writing a book, or hosting a show, Ben aims to bring light, energy, and an intentional message of connection and hope.





# Headshots & Video

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# Speaking & Hosting

**Bring Ben's light and energetic approach and message of hope and connection to your event.**

Whether it's serving as a host for your event or giving a keynote, Ben is an expert at diving into important topics with an upbeat, yet intentional attitude. His life experience and storytelling ability will appeal to everyone in your audience. Ben's availability is limited, but he would love to make time for your organization.

[BOOK BEN](#)



## **Alone in Plain Sight**

Are you tired of people knowing who you are but no one really knowing you?

As the star of the twentieth season of *The Bachelor*, Ben Higgins looked like he had it all together. Instead, Ben felt dissatisfied, fearful, and deeply alone. Like so many of us, he thought of himself as the kid who never got picked for the game, the person always on the outside of the joke, the friend who knew a lot of people but was never truly known. He wondered if he mattered at all.

Ben vulnerably shares with the audience how he found an authentic connection with himself, with others, and with God after going so long feeling 'alone in plain sight.' He explores ways to understand ourselves more deeply, use our pain for good, and deconstruct our culture's fairy-tale view of love.

As Ben discovered, in a disconnected world, it is still possible to have lasting purpose and peace, and he gives tactical ways to find purpose and embrace the true meaning of life.





## BEN'S MOST REQUESTED TALKS

# Come Sit With Me

We know what it feels like to feel misunderstood, overwhelmed, afraid, or alone. We know the disappointment of a friendship gone awry, the heartbreak of a family relationship fractured by anger, or the loneliness of feeling like no one has ever quite been in your shoes. In a culture of snap judgments, hiding behind screens, and divisiveness, Ben invites his audience towards connection. Wouldn't our lives look different if we were constantly invited to connect with those around us? It could be as simple as hearing from a coworker at lunch — come sit with me. Or perhaps even more powerful: what if we were the ones to invite others into friendship?

Whether it's in your business or in your marriage, Ben explores what it looks like to set aside intentional time that allows you to be the person that pulls up a chair, pours a cup of coffee, looks someone in the eye, and actually listens.

Millennials are consistently told that they are selfish. Gen Z is already being labeled as entitled. We are quick to point out the flaws of younger generations, but what if we called them up instead of calling them out?

# Calling Up Instead of Out

## Attracting the Purposeful Generation

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# Media

Ben makes himself available for media appearances when possible. Topics Ben has addressed in the past include:

- **Leadership/Entrepreneurship**
- **Vulnerability**
- **Living with Purpose**
- **Faith-Based Lifestyle**
- **Bachelor Nation Updates**
- **Personal Life and Business Updates**

To connect with Ben's team for media appearances, visit his website [thebenhiggins.com/media](https://thebenhiggins.com/media)



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