

FALYN FONOIMOANA

14-Year Pro Beach Volleyball Athlete · Founder, Mana Wellness & Mana Management · Single Mother

“I was one of the best in the world at my sport and still couldn’t cover rent. So I stopped waiting for the industry to pay me what I was worth and built my own.”

149K

INSTAGRAM

71.6K

TIKTOK

1.8M

MONTHLY VIEWS

14 yrs

PRO CAREER

2

COMPANIES FOUNDED

WHY SHE'S A GREAT GUEST

Falyn talks openly about something most athletes won't: the gap between elite performance and actual pay. She's been featured in national press on the subject, she has the receipts from her own 14-year career, and she turned that frustration into two businesses. She is candid, specific with numbers, and comfortable in uncomfortable conversations — and she brings a built-in audience of 1.8M monthly views to promote the episode.

INTERVIEW ANGLES

The money conversation nobody has

What a top pro beach volleyball season actually pays, and why prize money alone can't sustain a career.

Recovery, wellness & longevity

14 years of wear on a body, and what she now builds protocols around.

Building the business you needed

Founding Mana Management to help other athletes price and protect their brands.

Owning your narrative

Taking control of income and story when the industry won't hand either to you.

Motherhood at the elite level

Training, competing, and running companies as a single mother.

A volleyball family legacy

Growing up inside one of the sport's most recognizable families.

SUGGESTED QUESTIONS

1. Walk us through the real economics of a professional beach volleyball season — what does the money actually look like?
2. You've said you were working to pay rent when you should have been recovering. What did that cost you competitively?
3. What made you decide to build businesses instead of waiting for the sport to change?
4. What do you tell young women athletes now about protecting their income and their name?
5. How has 14 years of professional competition changed how you think about recovery and long-term health?
6. What's the hardest part of being a founder, an athlete, and a mother at the same time?

FORMATS

Video podcast

Audio only

Remote (LA-based)

In-studio, Los Angeles

Panels & live events

Approved bio, high-resolution headshots, and full press links available at falynfonoimoana.com.

EPISODE PROMOTION

Falyn shares guest appearances to her Instagram and TikTok audiences — 1.8M monthly views, with over half reaching non-followers. Assets and links provided on request.

BOOK FALYN

Mgmtforfalyn@gmail.com · falynfonoimoana.com · @falynfonoimoana on Instagram + TikTok