

# Award-Winning Speaker, International Best Selling Author, and Leadership Resilience Expert

## Veronica Crystal Young



Veronica Crystal Young has decades of experience in corporate leadership, and has built a successful creative production business. She has produced TV Series Pilots, commercials, and during 2020 alone her films gleaned over 40 awards in notable international film festivals.

You also may have caught her on episodes of the Golden Girls with Betty White, starring on stage in Broadway Classic Musicals like The Sound of Music, or singing in her Country Band "Crystal Whiskey."

After years of childhood abuse, an abusive marriage and 30 years of climbing the corporate ladder of success, Veronica found herself feeling empty, frustrated, and depressed, wondering if happiness was even possible.

Veronica shares her powerful story of transformation from victim to true inside success. She has shared this message of hope at places like the Harvard Club of Boston, NASDAQ and Carnegie Hall, and she is the Author of Two Books "The Other Side of Pain - a guidebook for reclaiming hope and happiness" and "Shameless - 7 steps to Reclaim your Power."

### Signature Talks

#### **Permission to Thrive - How To Eliminate Self Judgement and Self Criticism**

Veronica shares the principles for creating your version of success, dispels the myth of sacrifice, and inspires you to live shameless and authentically, every day, with no apology or excuses, creating a life of success and significance.

During this presentation, the audience will learn:

- Steps to overcoming negative programming.
- The proven principles of success.
- Personal Fulfillment Formula for love, family, satisfaction, & success.
- How to trade self-care guilt trip for the mighty quest of "I Am Worth It."

#### **The Power of Perception - How to Gain and Keep Your Personal Power**

Veronica shares the formula for creating your unique version of success, and how you see and hear yourself influences your now. She inspires you to live your legacy every day to create a life of success and significance.

During this presentation, the audience will learn:

- The 3 Principles for your Personal Success.
- How to overcome obstacles and seize opportunities.
- Mindsets and beliefs that sabotage wellbeing and success.
- How to identify and tame those limiting thought gremlins.

### Interview Questions

- What challenges have you had where you felt like throwing in the towel?
- What kept you putting one foot in front of the other after abuse?
- Did a spiritual connection play a role in your transformation? How?
- How do we get past societal influences about what we SHOULD be doing?
- What do you think is the most powerful outcome by sharing your story?

“Veronica is so inspiring! When you hear her story, you take it with you, and you're somehow, never the same.

– Moneeka Sawyer  
Top Podcast Host  
Blissfulinvestor.com

“Veronica's vulnerability in how she shares her experience is compelling, especially for those who struggle with moving beyond the mask they're living behind! She's candid, knowledgeable, and warm.

– Dr. Debra A. Hill, MD  
Psychiatrist and Psychoanalyst

“I listened to her speak, and she is an amazing woman who inspires, encourages, and can really bring out the transformation in people that they can't see for themselves. It's all about taking your power back, and we've all been in that place where we need a little bit of help.

– Nikki Privitera  
RN Anesthetist

### CONNECT WITH VERONICA

✉ veronica@veronicacristalyoung

☎ +1 (323) 208-1670

🌐 veronicacristalyoung.com

📷 @KnowUrPower365

📺 @KnowUrPower365

🐦 @KnowUrPower365

CARNEGIE HALL

Nasdaq

GSFE  
Global Society for  
Female Entrepreneurs



FOX34