

# CRYSTAL MCFADDEN, LPC

**Resiliency Communicator:** Speaker | Writer | Consultant

Licensed Professional Counselor (MA, NCC, LPC)

U.S. Navy Veteran | U.S. Army NG Spouse | Woman-Veteran Owned Business



**Conference, Event, Panel, Workshop, Team Meeting, and Keynote speaker.**

Group, 1:1, In Person &/or Virtual options for both one time and ongoing programming.

**RISE FROM THE WRECKAGE:** The valuable choice you make to choose Inspirational, strategic, and creative choices full of education, tools, and enhancing self efficacy for the productivity, growth and strength of your group.

## FEATURED SPEAKING:



Crisis, Stress, and Human Resilience: ICISF'S 15th World Congress



## Biography Snapshot:

Crystal is a resiliency communicator that captures the attention of your audience at the individual level for the greater good of the group goals. Inspiring and relatable, encouraging and educational, Crystal weaves elements of brain, emotional, physical and social sciences together with stories and skills meant for lasting personal change and targeted organizational impact.

As a Speaker, Writer, & Licensed Professional Counselor (LPC), Crystal's vulnerable demeanor is packed with applicable tools intentionally designed for your audience. Each attendee is equipped to implement healthy change in a refreshed and mission-focused way.

Crystal is the speaker you need to add authentic, energy-packed impact to your next event or group meeting,

## BENEFITS OF BOOKING:

- Personalized message.
- Enjoyable to work and plan with.
- Pricing designed for ongoing work together.
- Professional.
- Cares for your goals.



## TOPIC SELECTIONS

THESE ARE PRESENTED AS GUIDES FOR TOPICS THAT MAY BENEFIT YOUR GROUP EACH TOPIC AND GROUP RECEIVES PERSONALIZED MESSAGES ACCORDING TO NEED

### **Critical Incident Care, Healthy Coping Navigation**

Healthy coping tools, mental health education, life application strategies, growth minded shifts that serve to enhance wellbeing, productivity, & navigate stressful environments.

### **Cognitive Flexibility & Organizational Productivity**

Increase unity in diverse environments and enhance productivity on a team needing a change. Physical, interpersonal, business and mental health education and engagement.

### **Living with Chronic and/or Invisible Illness**

Invisible wounds create visible results. Stressors, perceived and real limitations, healthy boundaries and tools for success for those with unseen battles as well as those who navigate life with them. No Diagnosis has a fence too high, only options that haven't been explored.

Empowerment and realistic growth strategy sessions - group/individual.

### **(COVID / Pandemic) Burnout**

The journey: physical, emotional, social, cognitive and professional effects. Attainable and effective tools to navigate personal and professional barriers amplified by COVID experience.

### **Additional Topics of Value**

Women, Veterans, Christian/Biblical Faith at Home/Work/Community/Self, A New Look at Collaboration - Diversity, Unity and Teamwork, Career Readiness for young adults, transitioning professionals, and military/veteran affiliated communities,

Additional topic discussions, event planning, and custom programs available upon request.

## CONTACT:

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