

Speaking Topics

Adult Audiences

- **Surviving to Thriving** — Hear Veronika tell her story, the childhood trauma and the lessons and tools she has learned along her healing journey. Don't let your past define you!
- **Find Your Passion, Change the World.** — Learn how doing what you're passionate about leads you towards your purpose. Hear how following your dreams makes the world a better place
- **Feelings, Regulation, Productivity, Oh My** — Understand why all feelings matter and how to regulate negative emotions. Learn how to plan your day and establish a routine to maximize productivity, gratitude, and joy.

Young Audiences

- **All Emotions Matter**—The children will hear why all feelings matter, even the “bad” ones. They will learn how to identify and regulate their emotions.
- **The Power of Art** — After reading *The Power of Art: When My Feelings Can't Talk*, Veronika leads the children through an art activity. The activity shows the children how to regulate and express their emotions using art.
- **When You Grow Up** — Explaining how everyone has a gift, Veronika encourages her audience to follow their dreams. They will learn how they can accomplish anything one step at a time, starting today.

Veronika Childs

Create, Love, Live

Author & Inspirational Speaker

Veronika Childs is an author, speaker, podcast host and mother of three. Through her work, she hopes to inspire others to make an impact by encouraging her audience to be themselves, serve others and follow their passions.

Veronika experienced a significant amount of childhood trauma and spent most of her life living on the sidelines. After losing 170 lbs and receiving a cancer diagnosis, Veronika transformed herself. Even though it was a false diagnosis, Veronika found her passion as an author and inspirational speaker.

Published Works

The Power of Art: When My Feelings Can't Talk, is a children's book about expressing and regulating emotions using art.

From Ember's and Ash: A Collection of Poems about Heartache, Transformation and Healing Trauma, explores the complex themes of abuse, grief, loss, love, depression, mental illness and healing.

**VERONIKA**
Ventures



www.veronikachilds.com

