



*Kimberly
Clark*

Author, Veteran,
Speaker, Coach,
Trauma Recovery
Specialist



@MotivationFromTheHeart



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Kimberly CLARK



BIOGRAPHY

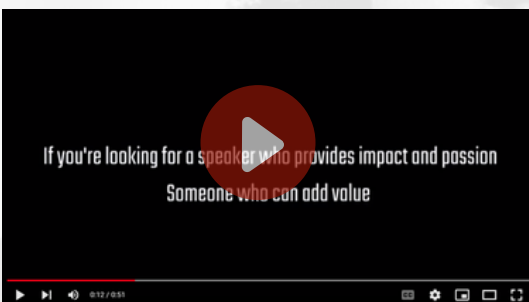
Kimberly Clark is a dynamic motivational speaker, Navy Veteran, Author and Breakthrough Coach with 10+ years experience with wellness, mental health, and peer support. She works with individuals, youth groups, educators, and women to empower them to remember that they hold the key to their greater life by giving them tools to learn to manage internal and external conflict with a powerful transformation. Clark is also the CEO of Motivation From the Heart, Founder of L.I.T. For Purpose Coaching Program and creator of the 5A Method for Purpose Driven Living.

Veteran and Recovered Addict, Kimberly spent over 12 years struggling with addiction, alcoholism and the effects of childhood and military sexual trauma. After surviving a military sexual trauma Kimberly was diagnosed with severe PTSD and it controlled her life for the next decade. From experiencing narcissistic abuse, suicidality, and a plethora of insecurities to being in and out of jail, Rehabs and Psychiatric Units, Clark lived with and internalized all the pain those traumas brought with them. After finding recovery, Kimberly has committed her life to helping others overcome their obstacles, set backs and challenges to move forward into their full potential.

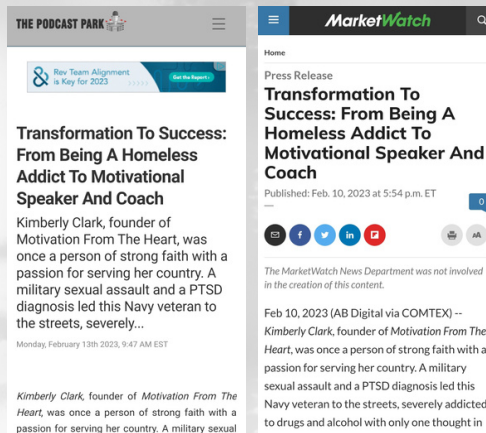
SPEAKING TOPICS

- Make up Your Mindset
- Finding Purpose After Trauma
- Preventing Addiction in Youth

SPEAKER REEL



PRESS & REVIEWS



Kimberly is fantastic. She is transparent and has a unique way of changing mindsets. She is truly genuine. She will definitely motivate you to transition to the best version of you all while becoming healed!

AS SEEN ON



THE DAILY BLAZE





Kimberly
CLARK

BOOKS!

MAKE UP YOUR MINDSET

Empowering youth to reach their full potential, maintain a positive mindset, and not compare but stay in the moment.

Make up your Mindset coupled with the Make up your Mindset Workbook Is life changing for youth. It is informative, insightful, a unique perspective and exciting for students to express themselves openly.



STUCK BETWEEN PLEASURE & PLEASING GOD

This memoir of the life of Kimberly Clark is touching and thrilling. This Navy veteran faced many obstacles, including addiction, alcoholism, promiscuity, suicide attempts, and narcissistic abuse. However, she overcame This riveting story of how God delivered and resurrected someone so lost and confused is beautiful. This story proves that no matter how far you go down in your own self-destruction, being used, abused, and manipulated, you can overcome and do more than you ever thought you could.

REVIEWS

“Kim’s presentation is relatable and chocked full of real life. High Interest-children that have experienced trauma will benefit.”

“She had me fighting back tears because her story is a reflection of some of my experiences. I feel like God put her message inside of her on this day to speak to me directly. It was so necessary for me to hear this”

“This session was unbelievably informative and inspiring”

Attendees found this session

