

THE CLOSE-KNIT FAMILY



Speaker
Parenting Strategist
Mother of 9



Valerie

Valerie is a fun, engaging, high-energy speaker who delivers with passion. Mother of nine kids (ages 9-adult), she shares powerful formulas with parents wanting to raise Exceptional children in an Unpredictable world.

TOPICS INCLUDE:

Back-to-BASICS Parenting

Build Family BONDS

Buff the BODY



Book Valerie Today!

Watch Valerie at:
<https://www.youtube.com/watch?v=v13qcQYvFiU>



Clients Include:

MOPS
Brazos County Health
Dept
Senquest
Social Security Admin.
Optimist Club
Toastmasters Int'l
SOS Ministries
Rotary Int'l
Blinn College
Texas A&M Univ.
Women's Ministries
Federal Bureau of Prisons
EWTG

"Valerie . . . the James Earl Jones of the speaking community... "a diamond in the rough".

- Gregg L., Mental Masterpieces

Valerie speaks from knowledge, experience & heart . . . inspires people to move toward success."

-Rosemary D., Author, Researcher/Professor

Valerie's parenting strategies are from **Basic** concepts that have kept her family of 11 **Bonded**. These are what she shares in every program. Get ready for humor and some personal challenge as she retells stories from her family, her businesses, and her life as a married-single parent when her husband worked hundreds of miles from home. "Find your feet" within your own fitness journey as she sheds light for others with winning truths she gained in her fight against a life-threatening chronic condition; she turned her health around and got her vitality back with her sensible **Buff the Body** fitness program.



Everyone benefits as Valerie empowers parents, showing them how to "Take the Struggle out of the Juggle" using **The Close-knit Family** formulas and codes... all based on her back-to-basics principles.

Valerie is regularly sought after for her Sensible Buff the Body workshops and training sessions. A nationally certified personal trainer and instructor, Valerie has authored numerous fitness and educator articles. She blogs whenever inspiration and free time coincide with her very full life. Glean from tips she gives freely on her blog at www.valeriefelder.com or www.thecloseknitfamily.com

[Facebook.com/ValSpeaks](https://www.facebook.com/ValSpeaks) twitter.com/valeriefelder www.youtube.com/valeriefelder www.pinterest.com/ValerieDFelder

