

Valerie is a fun, high energy, amazing voice of results and practicality for anyone raising children. She delivers unique, easy-to-recall strategies/formulas moving parents to positive action. As proven from nearly three decades of raising her own 9 children, Valerie's programs are complete, from back-to-basic parenting, building strong family bonds, to achieving a fit body.

Audiences benefit from immediate take-aways as Valerie reveals how to ***"Take the Struggle out of the Juggle"*** so they, too, can raise exceptional children in an unpredictable world. She empowers parents by sharing her insight as mother of a large-family and an entrepreneur. Also, a nationally certified personal fitness trainer, Valerie's "Buff the Body" fitness programs sensibly ease clients toward doable routines - and keeps them there. The uniqueness of what Valerie brings ensures she exceeds every expectation for a speaker.

Valerie holds a bachelor's degree in mathematics from The University of Michigan and a master's degree (summa cum laude) in Human Resources from Troy University. Professionally, she's a veteran Air Force officer, an active member on a national educator's board and focuses on education as a primary and secondary level instructor-speech communications, a specialty adult educator, and an adjunct college professor. This, coupled with her high-level Toastmasters' International designation of Advanced Communicator Gold demonstrates her savvy to communicate winning strategies for family success. A testament to her communicator skills, organizations with needs for speech and communications training also call on Valerie for her expertise.

Valerie was born in Atlantic City, New Jersey and enjoys globetrotting with her husband and their Close-Knit Family.