

A portrait of Courtney Edmondson, a woman with long, dark, wavy hair, wearing a white ruffled blouse and blue denim jeans. She is sitting on a brown couch, looking directly at the camera with a slight smile. Her hands are clasped in her lap. In the top left corner, there is a circular graphic containing her name in cursive. At the bottom, there is a white banner with her roles in cursive.

Courtney
Edmondson

Speaker. Advocate. Survivor.



About



Nominated as one of Nashville's "Top 30 Under 30", Cortney is an inspiring motivational speaker, a childhood trauma advocate and a determined survivor. She believes everyone is capable of designing a life they love, regardless of their life experiences. Cortney has learned firsthand how beliefs and mindsets can either help or hinder a successful life. Through powerful storytelling, she delivers insights, tools and techniques to help her audience break through limiting beliefs and restricting habits once and for all, so they can pursue the best versions of themselves and live the most fulfilling lives they can imagine!



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2. Empowering Closing Keynotes
3. Interactive Workshops
4. Authentic Programs

Message Topics

Resiliency & Overcoming Adversity

Emotional & Spiritual Wellness

Stress Management

Finding Purpose in Your Pain

Women's Leadership & Empowerment

Adverse Childhood Experiences & Recovery



“You’ll walk away wanting to go make a positive difference
in the lives of others and our world!”

— Elizabeth Hughes, Director of Healthy Living Initiatives
YMCA of Middle Tennessee

“Cortney delivered an outstanding educational experience
that helped our entire organization.”

— Denyse Ferguson, Senior Vice President Health Partnerships
GoNoodle

“Cortney’s story is real and powerful.”

— Julie Kraemer, Superintendent
Hutsonville Illinois School District

“She authentically paints a picture that resonates with
people of all ages and backgrounds.”

— Sarah Patton
Social Bliss Events

“She had their full attention and it was impressive how
well she was able to connect.”

— Jonathan Milewski
Wilson Central Highschool

Testimonials

