

A portrait of a woman with long, dark, wavy hair, wearing a white button-down shirt. She is sitting on a brown leather couch and looking directly at the camera with a slight smile. Her hands are clasped in front of her. In the top left corner, there is a circular graphic with her name in cursive. At the bottom, there is a black brushstroke banner with the text 'College Education Programs' in white serif font.

Courtney
Edmondson

College Education Programs



College Programs

Empower: Breaking Free

"Unshackle", "unchain", and "set free" are synonyms of "empower". So, if you want to empower yourself, you first need to understand what is keeping you bound.

What is holding you back? Contrary to popular belief, it is not your lack of motivation, knowledge or experience. Maybe you find yourself struggling with procrastination, imposter syndrome or anxiety? Is your perfectionism driving you crazy or keeping you from moving forward? Procrastination, imposter syndrome, anxiety and perfectionism are not the problem either. They are symptoms of an overwhelmed nervous system.

With all the pressure to perform, look a certain way, meet or exceed nearly-impossible standards, etc it is no wonder that sometimes you feel so much overwhelm that you want to check out or give up. When you don't understand the root of these symptoms, you might start to mistakenly believe that something is wrong with you. In actuality, it's not you, it's your nervous system and there is so much you can do about it!

This program will help you see yourself through a lens of curiosity and compassion so you can stop beating yourself up and start breaking free from what frustrates you.

Learning Objectives:

- It's not you, it's your nervous system
- Understand the neurobiology causes of perfectionism, procrastination, anxiety & more
- Identify symptoms of an overwhelmed nervous system and gain practical tools to overcome
- Mistakes repeated more than once are an indication of a survival habit, not your inability to change

Keywords/

Topics:

Empowerment; Authenticity; Inspiration;
Perfectionism; Resilience; Self-Care;
Self-Awareness; Mental & Emotional Health;
Trauma-Informed

Intended Audience

Greek Life; Student Assemblies; SGA Programming;
Women Empowerment Programming; Sororities;
Panhellenics; Women's Events; First Year
Orientation



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The Path to Inner Peace:

A College Student's Guide To Combat Stress & Burnout

Cortney struggled with severe anxiety that manifested as debilitating insomnia. For over a year, the insomnia caused major implications for her work, personal life and even her health. After many desperate attempts to find peace, including consulting sleep specialists, taking medications and home remedies, she finally discovered the root cause: her fear-filled mind.

After a lot of trial and error, Cortney discovered powerful tools and solutions that have helped her renew her mind to find peace.

This program will help attendees understand why we get stressed and what happens in our brains and bodies when fear sets in. It will also give participants practical tools and exercises to empower them to better manage or even break free from their anxiety and stress or have compassion and support for others who are battling it.

Learning Objectives:

Know your body's stress language: distinguish between positive and toxic stress

Understand your mental and emotional health and it's impact on you physically

Take home a lifestyle plan to promote better balance

Gain practical tools to manage stress, fear, anxiety, and more, in the most productive way

Keywords/ Topics

Mental Health; Emotional Health; Social & Emotional Learning; Stress; Anxiety; Balance; Mind-Body; Self Care; Emotional Intelligence; Coping Mechanisms; Fear

Intended Audience:

Greek Life; Student Athletes; SGA Programs; Mental Health Awareness Events; Women's Events; Wellness Events; Student Leadership



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Resilient Leaders: Using Adversity to Your Advantage

Easy circumstances don't create great leaders, challenging circumstances do. We get better when life gets harder. Our life experiences teach us valuable lessons that equip us with the kind of characteristics every leader needs.

In this program, Cortney shares her story from a childhood trauma survivor to a passionate and thriving entrepreneur and community leader. Her story of resilience demonstrates that adversity is merely a fact of life and doesn't have to prevent us from living a fulfilling and meaningful life. She empowers participants to recognize that life's challenges can actually add value to their life and develop characteristics that will transform them into powerful and resilient leaders.

Learning Objectives:

Adversity teaches us traits of leadership

There are some blessings, lessons and transformations that only hardship and failure can give us

Adversity adds value

Thriving vs Surviving, the choice is yours

Keywords/

Topics

Resilience; Leadership; Thrive; Empower;
Professional Development; Fear of Failure;
Adversity; Overcome; Limiting Beliefs

Intended Audience:

Student Leadership Programs, Greek Life;
Panhellenics; SGA Programs; Student Athletes;
Inspirational Speaking; First Year ; Women's
Events

College Programs

Testimonials

"Cortney was such a fantastic end to our Mental Health Awareness Week at Purdue University. She spoke about topics that really resonated with our audience of college students and was incredibly engaging. Everyone in the room walked away learning something new, from how to cope with stress to recognizing toxic cycles that start with ourselves. She brought so much energy and charisma and was such an amazing speaker!"

-Noor Abdullah, Director of Education
Timmy Global Health, Purdue University

"Cortney taught us to be authentic, to never try to impress someone by what or who they want us to be and to not keep secrets or lies about who we really are. This really opened my eyes, because from a young age, society told me to hide the "not perfect" aspects of my life, that no one wants to hear them or that I will be judged for them. I also loved the exercise she incorporated that allowed me to hear stories from other girls in the audience. It made me feel better about sharing my stories and my hardships with people. She is an amazing speaker and really connected with the audience. If she came back and spoke again I would 100% recommend her to my friends and would come back to see her!"

-Stacy Cuellar, Panhellenic Executive Vice President
University North Florida

"Cortney Edmondson provided our Panhellenic community with an intimate, personal, and engaging conversation on the importance of Authenticity in our personal lives and community. She dove straight in with a vulnerable experience that she kept to herself for years. The relatableness of her fears hit close to home as we often desire acceptance, approval, and affirmation. Through Cortney's words, our Panhellenic collegiate members discovered that there is an important truth behind our stories. We should not mask our stories in fear of being shamed or judged. Through a series of interactive exercises, Cortney challenged us to realize that we have to accept ourselves and share our stories in order to be the best and most authentic version of ourselves.

Casey Carroll, VP of Membership
Kennesaw State University Panhellenic Council

"Cortney was able to deliver a message that resonated with all the women present to remind us not only what being Panhellenic means today, but what it means for us in the future. She made us remember what we loved about our sisters and reminded us to uplift each other in a male-dominated workforce and world. Cortney is the definition of an empowered woman and her story reminds all listeners that empowered women empower women."

-Hannah Eldringhoff, President
University of Maryland Panhellenic Association

Hi There!

Thank you for taking the time to review my program options. Please know that all programs can and will be tailored to your specific audience and event. If you have something else in mind, please don't hesitate to ask.

Thank you!

*Courtney
Edmondson*