

Resiliency Communications:

CRYSTAL MCFADDEN, LPC
CRYSTAL CNVRSTNS, LLC

Presenter | Author | Special Projects Consultant

Licensed Professional Counselor (MA, LPC)

Podcast Host: Crystal Cnvrstns Podcast

U.S. Navy Veteran | U.S. Army NG Spouse

Crystal is the dynamic, life breathing presenter your servant minded, human facing, helping professionals need right now. Addressing the pressure & compounded effects of chronic stress while delivering relevant and encouraging, application focused education. Reaffirming the value of their journey while re-igniting the passion for their mission, messages are personalized to your audience's life rhythms. Each delivery is vulnerable & strategic. Her growth-minded, resilience-saturated content will inspire and equip your people with realistic tools to gain the mental miles necessary for growth and hope.



Level up the quality of your Team Gatherings, Brunches, Lunch n Learns, Panel Moderation, Leadership Meetings, Quarterly Briefings, In Service Days and Off Site Conferences/Retreats.

FEATURED SPEAKING:

WWW.CRYSTALMCFADDEN.COM/SPEAKER-PORTFOLIO



Crisis, Stress, and Human Resilience: ICISF'S 15th World Congress



Benefits Snapshot:

Resiliency Communicator who captures the attention of your audience at the heart level. Inspiring, relatable, encouraging & educational.

Brain, emotional, physical & social sciences weaved with stories & skills meant for lasting personal change and targeted organizational impact.

Experienced presenter, published author, special projects consultant, and Licensed Professional Counselor (LPC). Crystal makes collaboration enjoyable and results fruitful across any industry.

Her approachable demeanor intentionally turns clinical language into accessible explanations and transformative content.

Crystal is truly the adaptable speaker planners ache for. Local, national & global audiences have benefitted through virtual & in person messages.



Your audience will be positively impacted, leaving refreshed and mission-focused.

TOPIC SELECTIONS

THESE ARE SIMPLY GUIDES FOR TOPICS THAT MAY BENEFIT YOUR GROUP, EACH PERSONALIZED ACCORDING TO NEEDS!

My Brain Isn't Producing Like It Use To Anymore

Cognitive Flexibility & Organizational Productivity When Navigating Chronic Stress

Been wondering why sales approaches automated tech, and old ways haven't been producing like they use to? Concerned your people skills aren't where they use to be? Looking to expand from homogenous audience? If you have a team or small group in need of a shake up: personally, professional, physically, interpersonally and strategically - this business and mental health education combination hits at the heart, impacting employee engagement and strategic collaboration for internal and external efforts.

Removing the Mask - Embracing God's Original Design

Individuals and churches, communities and corporations are finding themselves disconnected, ingenuine, & agenda driven. Humans are aching and ready for unity, authenticity, & connection.

Rise From The Wreckage - Client & Clinician:

Tales from Both Sides of A Helping Professionals' Brain

Somewhere between professional and hot mess is the real human, with real struggles and a heart that knows there is something more than the pain they find themselves in. After all, aren't high achieving professionals suppose to have it all together? Hire the professional who has been on both sides of the chair to serve these helping professionals who find themselves stretched and struggling, in need of a pressure release with rejuvenation and reminders that their journey has value.

Living with Chronic and/or Invisible Illness

Invisible battles and wounds create visible scars and consequences. This is for the group who refuses to accept a bleak prediction for quality of life and ready to go beyond shattered dreams and someone else's fences for the life. This motivational & educational chat, empowers, educates, and identifies realistic growth strategies packed with vulnerability.

Additional Options / Special Topic Areas To Consider Personalizing:

- Christian/Biblical Faith and Mental Health at Home/Work/Community/Self.
- A New Look at Collaboration With The Bigger Picture In Mind - Diversity, Unity and Teamwork,
- Career Readiness for young adults, transitioning professionals, and military/veteran affiliated communities.
- Healthy Responses To Pandemic Experiences: Burnout, Perspectives, Faith, Career, and more.

Additional topic discussions, event planning, and custom programs available upon request.

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