

SPEAKER INTRODUCTION

VALORIE BURTON

Valorie Burton has helped thousands find the courage, clarity and tools to make meaningful changes. She was named one of the Top 100 thought leaders in the field of personal development. A sought-after life and business coach, she is the author of five books, including *Listen to Your Life, What's Really Holding You Back?*, and her latest book, *How Did I Get So Busy? The 28-Day Plan to Free Your Time, Reclaim Your Schedule and Reconnect with What Matters Most*. Each week, she inspires over 27,000 subscribers through her weekly e-newsletter. She earned a master's degree in Applied Positive Psychology from the University of Pennsylvania, a master's degree in journalism from Florida A&M University and a BA from Florida State. She has coached clients in 40 states and seven countries, and appeared in and on CNN, NPR, O Magazine, the *Los Angeles Times*, *Essence* and *Glamour*. She is talking to us today about how to be more resilient in the face of challenges and thrive in life and work . Please join me in welcoming Valorie Burton.