



Crystal L. Fedeli

SPEAKER, HOST *of the* SHE'S
RECOVERED PODCAST &
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OFFICIAL BIO

Hi! I'm Crystal Fedeli, a *Speaker, thought leader, host of She's Recovered Podcast, Creator of She's Recovered & entrepreneur* dedicated to helping you truly heal after surviving trauma so you can get to living the amazing life waiting for you on the other side (and I promise, it is there waiting for you).



Now I help women truly heal, but once upon a time I was a survivor of childhood trauma and alcohol addiction myself, trying so hard to heal, but I couldn't no matter what I did and how hard I tried.

I know exactly what it's like to survive trauma, go from having lived experience seeking help from our trauma and addiction recovery system only to not get better despite trying for nearly a decade, to find alternative paths to recovery, to get better in just 3 short months, to stay recovered ever since and to go on to take a seat on the other side of the table and become an expert in the very field I once sought help from.

Initially I had so many questions about why I could not recover for all those years (for nearly a decade) no matter what I did and how hard I tried, but then I discovered there was nothing wrong with me and that there is something instead wrong with our society and recovery system's understanding of the root cause of alcohol addiction and therefore the options for recovery typically offered.

My belief is that if you have been seeking help and haven't been able to truly heal, it's not your fault.

There is a path forward for you. You can recover and I will help you!

TESTIMONIALS

Crystal is warm, passionate and knows how to hold a lot of space that makes you feel supported and seen.

She's not a one-solution coach - she's dynamic and has a profound understanding of how to meet people exactly where they're at. Among the very few out there who know that changing your patterns isn't a matter of willpower, she has an un-shaming approach to helping people that feels like a breath of fresh air. Her high energy inspired me, and I'm so grateful to know her. I highly recommend working with Crystal!

Michelle L.

Before I worked with Crystal, I was struggling with being the family member of someone who suffers from a severe alcohol addiction that has greatly impacted our family.

Crystal is very knowledgeable about this subject and shared a lot of valuable information.

The statistics she shared were the most alarming but also the most valuable to me. Since working with Crystal, I have achieved some insight, knowledge, and education on the severity of living with alcohol addiction and its impacts; I have been able to have meaningful and positive conversations with my family member who is suffering from the alcohol-related issue; and I have been able to educate the rest of my family on the transformation that Crystal had along with being able to instill changes for my family. My family member is equally interested in taking the steps to transform their life for the better and is interested in seeking Crystal's program. Take the steps and do it! Believe in yourself and do not look back.

Lynn M.

AS SEEN IN





CRYSTAL'S *Speaking* REELS

WATCH SPEAKER DEMO REEL →

SPEAKING TOPICS

Trauma, Alcohol and Financial **RECOVERY**

Crystal takes the stage with lived experience surviving trauma, alcohol addiction & financial recovery

Crystal also takes the stage as a professional with 15+ years of experience working in the trauma and addiction recovery field

She helps women who have survived trauma truly heal

Crystal has been featured in NJ Spotlight News, Innovation Women, C-Three Foundation, the Place to Soar Podcast, Monarch Housing and more.



KEYNOTE 01

From SURVIVING *to* THRIVING

How to TRULY HEAL *After* TRAUMA

It's one thing to survive trauma, but it's another to truly heal and thrive. Yet, not many do.

Crystal knows this better than anyone else - she knows exactly what it's like to survive trauma, go from having lived experience seeking help from our recovery system only to not get better despite trying for nearly a decade, to find alternative paths to recovery, to get better in just 3 short months, to stay recovered ever since and to go on to take a seat on the other side of the table and become an expert in the very field she once sought help from. Her belief is that if you are seeking help and you are not able to truly heal, it is not your fault.

There is a path forward for you though. You can recover too.

This keynote is perfect for audiences who are facing overwhelming and seemingly impossible challenges too great for them.

AUDIENCE TAKEAWAYS:

- #1 Why it is so important & how to put self care above all else in every circumstance
- #2 How to have faith even if you are struggling to believe that you can truly heal
- #3 How to figure out what you need in order for you to truly heal
- #4 How to have endurance, be tenacious and relentless throughout the process of healing
- #5 What to do if and when healing does not happen (because it doesn't always happen, even though it's always supposed to)



BOOK *Trauma Recovery* KEYNOTE →

KEYNOTE 02

IT'S NOT ABOUT WILLPOWER

*How SCIENCE Has FINALLY FOUND a WAY to MAKE
"... a NORMAL DRINKER Out of An ALCOHOLIC"*

It's time to reframe our understanding of alcohol recovery because science has finally found a way to make, as the Big Book once said, "... a normal drinker out of an alcoholic".

Crystal knows this better than anyone else - she knows exactly what it's like to go from having lived experience seeking help from our alcohol recovery system only to not get better despite trying for nearly a decade, to find alternative paths to alcohol recovery, to get better in just 3 short months, to stay recovered ever since and to go on to take a seat on the other side of the table and become an expert in the very field she once sought help from. Her belief is that if you are seeking help and you are not able to truly heal, it is not your fault.

You can recover too, whether your goals are to moderate like a "normal drinker" effortlessly and with ease or to be sober without the constant and obsessive thoughts and cravings for alcohol all day, every day. There is a path forward for!

This keynote is perfect for audiences who are (or who have a loved one who is) facing alcohol addiction.

AUDIENCE TAKEAWAYS:

- #1 How Our Current Alcohol Recovery System is Failing the Majority of People Who Need Help
- #2 Our Current Alcohol Recovery System's Approach
- #3 What Are Alternative Paths to Alcohol Recovery
- #4 How Alternative Paths to Alcohol Recovery Instead Help the Majority, If Not Most People Who Need Help
- #5 How to Truly Heal From Any Trauma You Survived After Recovering From Alcohol Addiction



BOOK A *Alcohol Recovery* KEYNOTE →

KEYNOTE 03

YOU ARE *the* HERO

How To Go From FINANCIALLY STRUGGLING *to* THRIVING

Many are financially struggling, not able to afford all of their families' most basic necessities. Those who are hit the hardest are single moms with no partner to help shoulder this burden. In fact, research has uncovered that fear of poverty and lack of support are the 2 main reasons why the majority of women who end their pregnancies do so. If that is cross compared to the data and statistics that show how many single moms are living in poverty and who lack support, their fear is very realistic.



Crystal knows this better than anyone else - when she told her first child's father she was pregnant, he told her she would be alone if she went through with her pregnancy. She went to one side of her family for support and they told her she would figure it out. So when she went through with her pregnancy, she was alone. Her and her infant daughter experienced homelessness, Crystal experienced food insecurity, and constantly couldn't earn enough to afford all of her basic necessities and childcare.

Although it seems impossible, there is a way to help single moms go from financially struggling to thriving and to prevent this from happening in the first place.

This keynote is perfect for audiences who are facing financial struggle and looking to help those who are.

AUDIENCE TAKEAWAYS:

- #1 Why it is so important to put self care above all else and how to do so
- #2 The steps to go from financially struggling to thriving
- #3 How to have endurance, be tenacious and relentless throughout the process

BOOK A *Financial Recovery* KEYNOTE →

PODCAST

THE SHE'S RECOVERED PODCAST

I join you every week for *raw conversations* to review what science and research has uncovered to point us to the truth that will set us free, *interviews with real life people* who have implemented truth into their lives and experienced freedom as a result, *and so much more.*

It's my very favorite way to connect with each of you, and I approach each episode of the [She's Recovered Podcast](#) with 1 mission: to help you gain the courage and tangible strategies you need to begin your journey of truly healing so you can get to living the amazing life waiting for you on the other side (and I promise you, it is waiting for you).

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CONTACT

Looking to book Crystal Fedeli as a speaker, ask a question, or talk about the She's Recovered Podcast? Choose your adventure below, and my team or I will get in touch with you ASAP!

Speaking Request

Looking to book me for your next conference, retreat or event? I can't wait to hear from you.

REQUEST TO BOOK

Podcast Inquiries

Have a question about the She's Recovered Podcast or a guest idea? Tell me all about it!

LET'S CHAT