

Valerie Walsh



Through her own personal story of heartbreak and tragedy, Valerie has learned what it means to be “CORE-ageous”.

Courage looks different for everyone. Imagine the power you could harness within yourself, if only you realized just how courageous you are. If you had the opportunity to transform your life into what you want for yourself, by simply understanding your own ability to build the confidence and courage to do so, would you?

Valerie is passionate about sharing how she did this for herself, after picking up the pieces of a shattered life, and heart.

Through inspirational storytelling, she is driven to share with others, just how she transformed her life into what it is today, a peaceful and purposeful existence.

She is the author of the book “Shattered to the Core: How I Made Peace with My Past and Reclaimed My Future”. Many have shared that Valerie’s story is relatable, and relevant. After listening to her speak, you will leave feeling inspired and ready to tap into your own CORE-ageousness.