

Crystal-Marie Sealy

Mom First. Author. Keynote. MBA

Authenticity for Gentle Resilience™

"helped me realize that I am offering a quality service which I should be paid for...: — Marlene Sanders



Authenticity. Self-Acceptance. Intuition. The Feminine.

You do not have to get out of your comfort zone. Comfort isn't keeping you back" — Crystal-Marie Sealy

Keynote — Authenticity for Gentle Resilience

Beyond the buzzword true authenticity brings a deep sense of self-acceptance. Gentle resilience is the ability to remain unshakeable. How does authenticity foster resilience? Learn why discovering the true Self, accepting and truly loving that Self, allows us to navigate whatever comes our way from a place of genuine calm, and true staying power.

More, learn how to honour this deeper sense of Self, and our newfound boundaries, even as we return to the world not yet ready for it. No matter who they may be.

"the key is to get to a place where we can stay in our power in the face of disapproval, without internalizing that disapproval" — Crystal-Marie Sealy

Self-Acceptance, Intuition & the Feminine

As your keynote speaker, my signature talks focus on these areas, with the intention of inspiring the women in your audience to honour what they're hearing from within themselves. Accepting ourselves is the element that sparks resilience, authenticity, ease and flow — and containment. We forget to contain.

We vilify our comfort zone, leisure, intuition and any mention of Self, then we marvel at the mental health crisis closing in on us. Once we recognize that flaw in our world, it gets easier to let go of those ideals and welcome our Selves back. The feminine is our inner world, and my books and talks invite us to hear that voice again.

Credentials

20 years – speaker
7 years – virtual
35+ talks since 2013

15 years in business
7 years corporate
2x best-selling author

MBA
BSc Hon. Environmental Science
Mom – proven to rewire the brain

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Clients and Audiences

"I've listened to the webinar twice since then because I was very interested in what she had to say and to make sure it was sinking in. I have been in business 15 years, but I am still not as confident about pricing as I want to be. Crystal-Marie has helped me realize that I am offering a quality service which I should be paid for because it has value. I needed the moral boost that Crystal-Marie gave me." —

Marlene Sanders, callmetheorganizer.ca



"A very dynamic and energetic speaker. She is a pleasure to listen to, and has a very warm and interesting speaking style that makes it easy to listen to and learn from her. She is a very upbeat, creative, and friendly person, and makes an incredible speaker. She even adds humour to her talks as well, to keep them light, interesting, and enjoyable to listen to – and also helps hold the crowd." — James Elliott, Speaker, CompleteHealthandFitness.ca

About Crystal-Marie

Crystal-Marie Sealy, MBA, is a dedicated mom, first, a two-time best-selling author and keynote speaker. She occasionally offers paid virtual keynotes for women and author readings for children. Crystal-Marie's focus is "Authenticity for Gentle Resilience" through self-acceptance, intuition and the feminine, honouring individual sovereignty. Her first children's book, "The Brave Little Puffer Fish Authenticity for Children", has rave reviews and a five-star rating on Amazon. You can now get her second children's book, "Edmus and Ferdmus Leave Home: Mindfulness for Children" on Amazon and her website. Connect with Crystal-Marie, if this resonates with you and your audience, at CrystalMarieSealy.com. Book or connect with Crystal-Marie via the links below.

Contact & Booking Info

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