



KEYNOTE SPEAKER

DANIELLE YOUNG



BESTSELLING AUTHOR | MASTER CERTIFIED LIFE COACH | INTERNATIONAL SPEAKER | PODCAST HOST

She helps women break free from old patterns and feel safe in their own bodies again.

Danielle Young is an international speaker, Amazon bestselling author, and Master Certified Life Coach.

A survivor of domestic violence, Danielle rebuilt her life from the ground up. She founded Inspired Action Wellness and created the Inspired Action Method™, a body-first approach that starts with the nervous system and ends with real action. Her book, *From Surviving to Thriving: A Journey Beyond Trauma*, shares her story and the tools that got her there.

She holds a B.S. in Psychology and Biology and is a Certified Nervous System Trainer and RYT-200 trauma-informed yoga teacher. Her training in Yoga Nidra, breathwork, self-inquiry, and Somatic EMDR is integrated into her coaching.

She speaks from lived experience and real training. Audiences leave with tools they can use that same day.

SIGNATURE TALKS

From Surviving to Thriving

The Balance of Power

Breaking the Cycle

The Confidence Reset

The Science of Safety

Rebuilding Your Life From Rock Bottom

RECENT STAGES

Keynote, SWIHA Gifts and Graces, Phoenix

Speaker, RAW Talks

Host, *Fine, I'll Talk About It* podcast

FORMATS

Keynotes, workshops, and panels.
Virtual or in person.

EMAIL

dani@inspiredactionwellness.com

WEBSITE

www.inspiredactionwellness.com

DANIELLE'S TALKS

FROM SURVIVING TO THRIVING: THE BODY-FIRST PATH TO HEALING

Danielle shares how she rebuilt her life after abuse and why healing had to start in her body before it showed up in her choices. People leave with simple tools to calm anxiety and stop repeating old patterns.

THE BALANCE OF POWER: RECLAIMING YOUR FREEDOM WHEN LIFE FEELS OUT OF CONTROL

Audiences learn to sort what they control, what other people control, and what only life controls. Once that line is clear, they stop spending energy on what they can't change and get their peace and focus back.

BREAKING THE CYCLE: WHY TALK THERAPY ALONE ISN'T ENOUGH

An honest look at why understanding your trauma doesn't always change how you feel. Danielle explains why trauma lives in the body and how nervous system work and action-based coaching pick up where insight leaves off.

THE CONFIDENCE RESET: REBUILDING SELF-WORTH AFTER TRAUMA

For women stuck in shame or self-doubt. Danielle teaches boundary-setting and the daily practices that rebuild self-trust, so women stop chasing approval to feel okay.

THE SCIENCE OF SAFETY: NERVOUS SYSTEM REGULATION FOR EVERYDAY LIFE

An interactive workshop. Participants practice simple tools to calm fight-or-flight, settle anxiety, and feel safe in their own bodies. A strong fit for wellness events, retreats, and women's conferences.

REBUILDING YOUR LIFE FROM ROCK BOTTOM: A SURVIVOR'S FRAMEWORK

Danielle tells the story of starting over after abuse and nearly losing her life. She guides audiences through creating a vision, setting trauma-informed goals, and taking the small steps that rebuild a life that feels like their own.



WHAT PEOPLE ARE SAYING

"What can I even say about Danielle's RAW Talk? She absolutely blew the whole room away. Tears, laughter and a standing ovation. No script, no slides, no selling. Just pure, heartfelt presence.

I highly recommend Danielle for any stage in the future which values the kind of connection she can bring."

Clare Garner
Founder, RAW Talks

BOOK DANIELLE

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