



Dr. Nikeya Young, DTM

Dr. Nikeya Young is a Best-Selling Author, Award-Winning Speaker, Board-Certified Mental Health Coach, Certified Master Life Coach/TEDx Speaker/Keynote Speaker, Workshop Facilitator/Ordained Minister/Podcast Host, and Entertainer. She is also a part of the ONE percent of Toastmasters International members who have earned the "Distinguished Toastmaster" designation. During her brief four-and-a-half-year, Toastmasters career, Dr. Nikeya won multiple speech contests at both Club and Area levels. She also worked diligently in numerous leadership positions such as Club President, VP of Education, Area Director, and Central South Division B Director for District 103 before stepping away to complete her doctorate and focus on building her company.

Her TEDx Talk, "Let's Normalize Homeschooling," made her the 1st Black person to give a talk on this increasingly popular subject. Dr. Nikeya is also an experienced subject matter expert for local and national media outlets (such as WGN's Daytime Chicago and News Nation, Thrive Global, NBC News, The Steve Harvey Show, and more!). She holds a Bachelor's Degree in Psychology/Human Development, a Master's Degree in Special Education (she is also a former public school teacher), and a Ph.D. in Christian Organizational Leadership. Through her transformative coaching company and podcast (Victorious Living Solutions), Dr. Nikeya empowers high-potential leaders to CRUSH their goals despite life's challenges and live VICTORIOUSLY!

Dr. Nikeya is happily married to Rodney Young Jr. and is a proud "Slay-at-Home" homeschooling mama bear to the couple's three beautiful children: Rodney III (age 8) and twin girls Nalea and Nissi (age 4). The Young family resides in the South suburbs of Chicago, Illinois. For more information, please visit victoriouslivingsolutions.com.

Educational Seminar Session

"Speak Up, Stand Out: Overcome Fear & Own the Stage!!!"

In this session, Dr. Nikeya Young will provide the audience with several tools to emerge VICTORIOUS over some of the most common fears/mental blocks that most speakers face and OWN their stage! Whether it's stage fright, imposter syndrome, or struggling to connect with an audience, this session will provide practical strategies to transform anxiety into confidence. Attendees will learn how to command the stage, engage their audience, and deliver impactful messages with clarity and conviction. Through interactive exercises and expert insights, Dr. Young will empower speakers to step into their full potential, master their mindset, and OWN their stage like a pro!

What Are Three Powerful Takeaways from This Educational Session?

1. Identify their public speaking fears
2. Develop a counterattack for each one
3. Approach future speaking opportunities with confidence!