



DANIELLE YOUNG



BESTSELLING AUTHOR | MASTER CERTIFIED LIFE COACH | INTERNATIONAL SPEAKER | ENTREPRENEUR

Danielle Young is an international speaker, Amazon bestselling author, and passionate advocate dedicated to helping women heal, grow, and reclaim their power. As the founder of Inspired Action Wellness and creator of The Inspired Action Method™, she has spent over 15 years guiding survivors of domestic violence to transform their trauma into confidence and strength.

A survivor herself, Danielle combines her lived experience with professional expertise, offering a powerful message of hope and possibility. Her Amazon bestselling book, *From Surviving to Thriving: A Journey Beyond Trauma*, shares her story alongside practical tools for empowerment and healing, amplifying her voice on a global scale.

Through her signature 1:1 coaching program, Danielle leads women through the Inspired Action Method™ — a systematic, body-first framework that begins with nervous system regulation, integrates emotional healing, and implements real-world action steps. This approach empowers women to move beyond survival and create lasting transformation.

Danielle holds a degree in Psychology, is a Master Certified Life Coach, and a Certified Nervous System Trainer through NeuroFit. She also holds certifications in yoga, breathwork, and holistic healing practices, which she integrates to provide survivors with comprehensive tools for lasting recovery.

Her talks inspire women to reclaim their confidence, break free from limiting beliefs, and build unshakable self-worth. With relatable insights and proven strategies, she leaves audiences both empowered and equipped to step into the lives they deserve.

Recognized internationally for her work, Danielle is a sought-after keynote speaker, workshop leader, and panelist. She brings authenticity, heart, and a systematic approach to every stage, proving that true transformation is possible when healing begins in the body and moves into inspired action.

SIGNATURE TOPICS

- ▶ **THE SCIENCE OF SAFETY**
NERVOUS SYSTEM REGULATION FOR LASTING HEALING
- ▶ **FROM SURVIVOR TO THRIVER**
REBUILDING CONFIDENCE & RECLAIMING YOUR VOICE
- ▶ **COACHING VS. THERAPY**
THE MISSING PIECE IN TRAUMA RECOVERY
- ▶ **LIFE AFTER ROCK BOTTOM**
A SURVIVOR'S FRAMEWORK FOR TRANSFORMATION

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INTRODUCTION TO DANIELLE'S TALKS

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

Danielle shares her survivor-to-thriver journey and introduces her Inspired Action Method™ — a systematic approach to nervous system regulation, mindset shifts, and action-based healing. Audiences will leave with practical tools to calm anxiety, release trauma patterns, and step into empowerment.

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

A transformational keynote teaching audiences the Balance of Power framework — what you can control, what others control, and what only life/the universe controls. Attendees learn how to stop wasting energy on the uncontrollable and reclaim their peace, confidence, and clarity.

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

A candid and eye-opening session on the limitations of traditional therapy for trauma survivors. Danielle reveals why trauma lives in the body, how nervous system regulation accelerates recovery, and how integrating action-based coaching leads to complete life transformation.

THE CONFIDENCE RESET: REBUILDING SELF-WORTH AFTER TRAUMA

For audiences who feel stuck in shame or self-doubt, this talk provides a step-by-step roadmap for reclaiming confidence. Danielle teaches boundary-setting, mindset shifts, and daily practices to step back into self-worth and power.

THE SCIENCE OF SAFETY: NERVOUS SYSTEM REGULATION FOR EVERYDAY LIFE

A practical, interactive workshop where participants learn tools for calming fight-or-flight, reducing anxiety, and creating safety in their own bodies. Perfect for workplaces, wellness events, or organizations seeking to support resilience and stress management.

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

Danielle shares her story of starting over after abuse and nearly losing her life. This inspiring talk guides audiences through creating vision, setting trauma-informed goals, and using small steps to rebuild an authentic, empowered life.



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 by every single woman in that room. Women who will no doubt be her clients and collaboration partners in the future.

Danielle's ability and willingness to speak from the heart and not the script was a risk which paid off in the biggest way possible - with women from all over the World remembering her name, her message and her legacy for years to come.

It was an absolute pleasure to work with her and I highly recommend Danielle for any stage in the future which values the kind of connection she can bring with a RAW talk.

Clare Garner
Founder RAW Talks

**GET IN
TOUCH**

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