



Veronica Kirin

<http://veronicakirin.com/speaking>

Veronica Kirin is author of *Stories of Elders*, Coach to LGBTQ Entrepreneurs, and a dynamic speaker who is energetic, honest, and speaks to each audience member as if it were just the two of them in the room.

Self Care through Scaling - Keynote

This talk delivers an intimate and honest message describing her experience with causes larger than herself and the burnout that comes without self care. She challenges each audience member to put self care in their business model for both themselves and their team so they always have the energy to carry out their life's work.

Self Care for Entrepreneurs - Workshop

This workshop is based on Veronica's personal experience with PTSD and the pop culture version of entrepreneurship — you can sleep when you're dead — to teach participants how to leverage their energy to develop their legacy through business.

- Learn 8 methods to avoid burnout
- Manage stress even with limited time
- Develop a business that includes self care

Sense & Sexuality - Workshop

We live in a world that pings and beeps at us constantly, so much so that nearly 1 in 10 people check their phones during sex!!! Never is this more true than for us busy Entrepreneurs. This workshop combines Self Care, Tantra, and Sensate Touch to teach participants how to manage stress, slow down, and look inward so to tap back into this essential part of themselves.



Forbes

girls
inc.

Testimonials

"It was such a pleasure to have Veronica speak at our recent event for women in business. She had such amazing energy and really related to our guests. Not only was she well prepared and organized, but she was also fun, dynamic, and so informative. [Her breakout activity] got everyone talking and illustrated how to put her methods into action right away! Also, each guest went home with a workbook created by Veronica. We had such a great experience working with her. Thank you, Veronica, for making our event a wonderful success!"

— Devin DuMond, cofounder of SHEvents