Cortney Edmondson
Speaker Coach Advocate

About

Cortney Edmondson is a dynamic and inspiring speaker, a trauma-informed healing coach and a determined advocate. Through powerful storytelling, foundational tools and trauma-informed resources, she empowers audiences and individuals to understand and befriend their nervous system in order to see their own behaviors through a lens of curiosity and self-compassion.

She was recently named one of Nashville's Top 30 Under 30 for her philanthropic and advocacy efforts and has been featured by publications such as The Mighty, Brit + Co and Yahoo. Her trauma-informed programs have reached Corporations such as GoNoodle and elite colleges such as Purdue University and The University of Maryland.

Click Here to see my story

The Nashville Health & Wellness Fest 2019

GoNoodle

FAMILY DRIVEN ♡ YOUTH GUIDED ♡ COMMUNITY BASED ♡ CULTURALLY AND LINGUISTICALLY COMPETENT

TENNESSEE SYSTEM of CARE

Program Topics:

Adverse Childhood Experiences
Stress Management
Mental & Emotional Wellness
Trauma-Informed Programs
Trauma Recovery
Adversity & Resilience

Hire Me For:

Engaging Keynotes
Interactive Workshops
Professional Development
Authentic Programs

NASHVILLE'S TOP 30 UNDER 30

"I witnessed Cortney changing students' lives the day she spoke."

Victoria McDonald, Principal
Robinson High School

"Everyone in the room walked away learning something new, from how to cope with stress to recognizing toxic cycles that start with ourselves. She brought so much energy and charisma and was such an amazing speaker!"

Noor Abdullah, Director of Education
Timmy Global Health, Purdue University

"Cortney delivered an outstanding educational experience that helped our entire organization."

Denyse Ferguson, Senior Vice President Health Partnerships
GoNoodle

"You'll walk away wanting to go make a positive difference in the lives of others and our world!"

Elizabeth Hughes, Director of Healthy Living Initiatives
YMCA of Middle Tennessee

Testimonials