



Krystalore Crews is a **22-year USAF Veteran**, former NFL Cheerleader, **28-time Marathoner**, 50 Mile Ultramarathoner, Fitness & Resilience Coach, Motivational Speaker, Best Selling Author, Retreat Leader, and Leadership Consultant. Her igniting energy paired with her story of resilience packs a punch!

She empowers others to **#CrewsBeyondLimits** by sharing her experience from the military, cancer, and wheelchair bound struggles to her days as a competitive professional athlete, dancer, and entrepreneur.

Graduating from **Georgetown University** studying Leadership, she has led thousands of individuals on leadership and wellness worldwide, and confident she can serve your audience no matter the need.

5M+

COMMUNITY MEMBERS

ACROSS HER BRAND & MANAGED SOCIAL PLATFORMS

150+

LIVE EVENTS A YEAR

KEYNOTES, EMCEE SETS, WORKSHOPS & RETREATS

50

MILE ULTRAMARATHON FINISHER

PLUS 28 MARATHONS — RESILIENCE LIVED, NOT JUST TAUGHT

SPEAKING TOPICS

♦ Personal Development and Emotional Intelligence

- How to have a work/life balance
- How to be more confident
- Facing and overcoming major challenges

♦ Career and Leadership

- How to improve employee morale & retention
- Transitioning from military life to entrepreneurship
- Leadership's role in creating winning teams

♦ Health and Wellbeing

- How to have more energy
- How to stay consistent
- How to live with a chronic illness

♦ Nutrition and Fitness

- How to lose weight without going on a diet or starving yourself in just 34 minutes per day
- What was it like being in the NFL
- How to be healthy while on the road all the time

ALSO BOOKS AS

Keynote Speaker · Corporate Emcee & Host · Workshop Facilitator · Retreat Leader · Panel Moderator

22-Yr Retired SMSgt, USAF

Cancer Survivor

Amazon Best-Selling Author

50-Mile Ultra Finisher

Certified Running & Marathon Coach

Certified Life & Somatic Coach

Former NFL Cheerleader

Georgetown — Leadership

AS
FEATURED
ON:



Raving Reviews

- “ She is very entertaining and dynamic at all times! I love her enthusiasm!
- “ She's very resilient, and I loved that. She doesn't skip a beat when things don't go as planned. She is poised and positive.
- “ Krystalore's energy is infectious! She speaks from the heart with her incredible story and empowers you along your personal journey.



Let's get in touch!

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