

SHELDON S. CROCKER

Inspirational Speaker · Resilience Advocate · Award-Winning Author

Helping audiences rediscover their voice, rebuild confidence, and rise beyond trauma, addiction, and disability.

Short Bio (for Podcast Hosts, Panels, Intros)

Sheldon S. Crocker is a resilience-builder, award-winning author, and lived-experience speaker who helps audiences rediscover their worth and rebuild their confidence from the inside out. After defying the odds of trauma, addiction, and a physical disability, Sheldon now guides others to find the power buried within them. His work has been featured at summits, storytelling events, mental health programs, and nonprofit platforms across Canada. Sheldon brings truth, warmth, and transformation to every stage-and shows others they were never broken, only buried.

Full Bio (for Event Hosts / Website / Conferences)

Sheldon S. Crocker is an inspirational speaker, author of a bestselling memoir trilogy, and the founder of Crocker's Transformative Thinking. He speaks from the depths of lived experience-rising from childhood trauma, addiction, poverty, and disability-to now help others reclaim their voice, rebuild emotional resilience, and shift how they see themselves.

With a unique blend of vulnerability, clarity, and grounded insight, Sheldon's talks invite people to reflect, connect, and rise. His messages are not motivational fluff-they're emotionally honest and practically applicable. He offers audiences tools they can actually use and truths they've been longing to hear.

Sheldon's journey has been shared on national podcasts, summits, and events including the St. John's Storytelling Festival, Vitality Virtual Magazine & Events, AccessFest Toronto, and the Dream to Rise Masterclass. He has also authored three powerful books on identity, healing, and self-trust-including KEEP on WALKING, The Road to Resilience, and Resilience Redefined.

Whether he's speaking to nonprofits, wellness leaders, educators, or recovering communities, Sheldon shows up with full heart, raw truth, and lived insight that makes people feel seen-and ready.

Signature Talk

Beyond the Silence: Rewriting Your Story, Rising When Life Tries to Break You

A deep and emotional reflection on what it means to rise after being silenced, dismissed, or broken. This talk invites audiences to confront inner narratives, reflect on what they've survived, and begin rewriting their own story from a place of compassion and power.

Other Topics & Workshop Options

- The 'Dis'ability to Rise: Reframing adversity, reclaiming strength
- Breaking Mindset Lies: Identifying and transforming internal narratives
- Emotional Resilience Through Lived Experience
- How to Speak from the Inside Out (For New Storytellers)
- Personal Development for Recovery Programs & Nonprofits

Audience Outcomes (ORB)

- Rediscover self-worth and clarity of voice
- Reflect deeply and feel emotionally safe to grow
- Leave with realistic tools, not fluffy motivation
- Feel seen, heard, and genuinely empowered
- Trust that healing is possible-without perfection

Speaking Formats

- Keynote Presentations (In-Person or Virtual)
- Panel Guest or Podcast Speaker
- Storytelling Segments & Readings
- Nonprofit or Recovery Workshops (2-hour format preferred)

Contact

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Books: <https://www.sheldonstransformativethinking.com/books>

Course: <https://sheldon-crocker-think-transform.thinkific.com/courses/Inner-Strength-Transformative-Thinking>

YouTube: <https://www.youtube.com/@sheldonscrockersTransformThink>