**Bio Valerie Felder**

Valerie, the TUFF Mama with sensible parenting solutions, is a fun, high energy, amazing presenter and mom of 9 children. A military veteran, she knows service, having been a communications officer working to the rank of captain. While on active duty, she was privy to winning operational strategies that she massaged and applied in her own home. She mixes key military core values and techniques with her mother's heart of compassion and teaches other parents to do the same, for good results in a well­ functioning home.

Easy­to­apply methods that move parents into assured positive action are Valerie's hallmark. Her programs are complete, from **back­to­basic parenting** to **building strong parent­child and sibling bonds**.

Audiences benefit from immediate take­aways as Valerie reveals how to confidently raise children in our unpredictable world. She shares humorous insight and combines all with results­oriented savvy of a business woman and an entrepreneur. Also, a nationally certified personal fitness trainer and Black Belt martial artist, Valerie's **“Buff the Body” energizers** makes audiences want to join in her fun fitness routines designed for conference settings. The uniqueness of what she brings ensures that she exceeds every expectation for a speaker.

Valerie holds a bachelor’s degree in mathematics from The University of Michigan and a master’s degree (summa cum laude) in Human Resources from Troy University. Formerly an active member on a national educator’s board, she is an experienced educator on the primary and secondary levels, proficient as a specialty adult educator, and an adjunct college professor. This, coupled with her accomplished Toastmasters’ International designation of Advanced Communicator Gold, demonstrates her ability to impact with words.

Valerie was born in Atlantic City, New Jersey and enjoys a full life with her family in Texas..