




## CONTACT

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## BOOKINGS & APPOINTMENTS

<https://appointmentwithvb.as.me/>

## CHECK ME OUT ON SOCIAL MEDIA!

 Facebook: VeronicaBSpeaks  
 Instagram: betterdays.llc

## PUBLICATIONS

*Better Days Vision Journal, 2019*

*ShoutOut LA (online magazine)*

*Voyage ATL (online magazine)*

*Speak Life Magazine*

  
*Veronica*  
**BURNETT**

SPEAKER. ADVOCATE. AUTHOR. COACH.

## MISSION & VISION

*To provide sustainable resources for women who have survived domestic abuse so that they can be restored to health, freedom, and cultivate a fresh start.*

*My vision is to educate, empower and encourage mothers to end the cycle of abuse, be fearless in their pursuit of happiness, and intentional in their actions to create the life they desire.*

## WORK EXPERIENCE

### **Client: House of Ruth Washington, DC 2021-2022**

- Created and Facilitated Group Coaching using Transform Your Life 4-Week Intensive Program/12-Week Intensive Coaching Programs
- Created and facilitated three unique 12-Week Intensive Group Coaching Programs to fit the needs of each facility
- Through implementation of proprietary literature, the Better Days Vision Journal and related electronic, printed and video resources published by HERSAC Enterprises, LLC, each participant was equipped with the tools to support their journey of "Acknowledgement & Acceptance, Forgiveness and Intentional Living"
- Group sessions were conducted via Zoom

### **Client: Individuals and Groups 2017 - 2022**

Created and facilitated various coaching programs, conferences, workshops and webinars for individuals as well as groups seeking to break cycles, create a new life, reinvent themselves, and cultivate new and healthier lifestyles.

*Unmute Yourself: Speaking Our Truth Unapologetically, 2020*

*I Am S.H.E. Collective: Lioness Amplified, 2021*

*I Better Days Weekly Newsletter*



## COACHING PROGRAMS & WORKSHOPS

### THREE PILLAR APPROACH

Testimonials

Resources

Individualized Programs

"I provide my clients with the necessary tools to reach their desired goals in life."

**"Transform Your Life"** - 6-Week Intensive Program/ 12-Week Intensive

**"What's In Your Duffle Bag: 4-Week Program"**

*academy*

An academy for women who seek to end cyclical dead-end relationships, domestic abuse, and unhealthy patterns in their lives. Women are educated, empowered and encouraged to reposition themselves to live free, loving, and purpose-filled lives.

## The Life Transformation Academy

Established 2022

**"How to Begin Again... Breaking the Cycle for Good"**

**"Reposition Yourself and Thrive"**

**"How to Begin Again After Trauma"**

**"Masterclass: Breaking the Silence"**

**"Empowered Women Empower Women"**

**"The Red Flags: What to Look Out for Before the Relationship"**

*workshops*



*intensive programs*

**Domestic Violence Education:** “Know the Red Flags”,  
“Healthy Relationships”, and “Codependency”

**Breaking Cycles:** “Destroying destructive life cycles,  
patterns & habits”

**Better Days:** Free. Fearless. Focused. -How being  
intentional about you is essential to living a healthy  
and whole life

**Better Days:** Unmasked

## KEYNOTE TOPICS

Jefferson Academy of Mentorship & Life Coaching- 2020

House of Ruth: Maryland Abuse Intervention Programs: Change Starts Here - 2021

House of Ruth Maryland LifeBridge Health's Center for Hope's Maryland State  
Department of Education (MSDE): Supporting Students Affected by Intimate  
Partner Violence - 2021

Women's Advocates: Caught in the Middle - How Children are Impacted by Abusive  
Behavior - 2021

Maryland Network Against Domestic Violence: Interfaith Domestic Violence  
Coalition Conference - 2022

Maryland Network Against Domestic Violence: Behind Closed Doors: A Foundational  
Look at the Dynamics of Domestic Abuse - 2019

Interfaith Domestic Violence Training at Ebenezer AME Church - 2016

Domestic Violence Forum in Prince George's County - First Baptist Church of  
Glenarden- 2016

Provided Testimony in support of “HB 1396/SB 960 -Domestic Violence -  
Education and Definition of Abuse”, a bill introduced by Delegate Angela Angel

## CERTIFICATIONS & TRAININGS

**LET'S MEET- BOOK NOW!**

<https://appointmentwithvb.as.me/>

Better Days Conference Series: Coffee, Tea & Me (Bi-Weekly  
Live Stream)

A Quick Chat (Weekly Live Stream)

The Perfect Family Blend (Blending Finances)

Conference For Single Women Only

Impact the World with Dr. Cheryl Wood

When Christians Speak Talk Radio

I Am Dr. Sharon Show

Turning Dreams into Reality Internet Show

Spotlight Over the City

On Her Terms Podcast

Wisdom Wednesday (Natural Girls Rock)

Unmasked to Heal Book Launch

College and Career Conference- Perspectives Charter School

Equip to Lead Summit

12 Days of Becoming His Gift of a Healed Woman

The State of My Mental presents Protecting My Peace

## SPEAKING ENGAGEMENTS

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